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The
Perfect
Lazy
Lunch

PAGE 17

JULY 2015



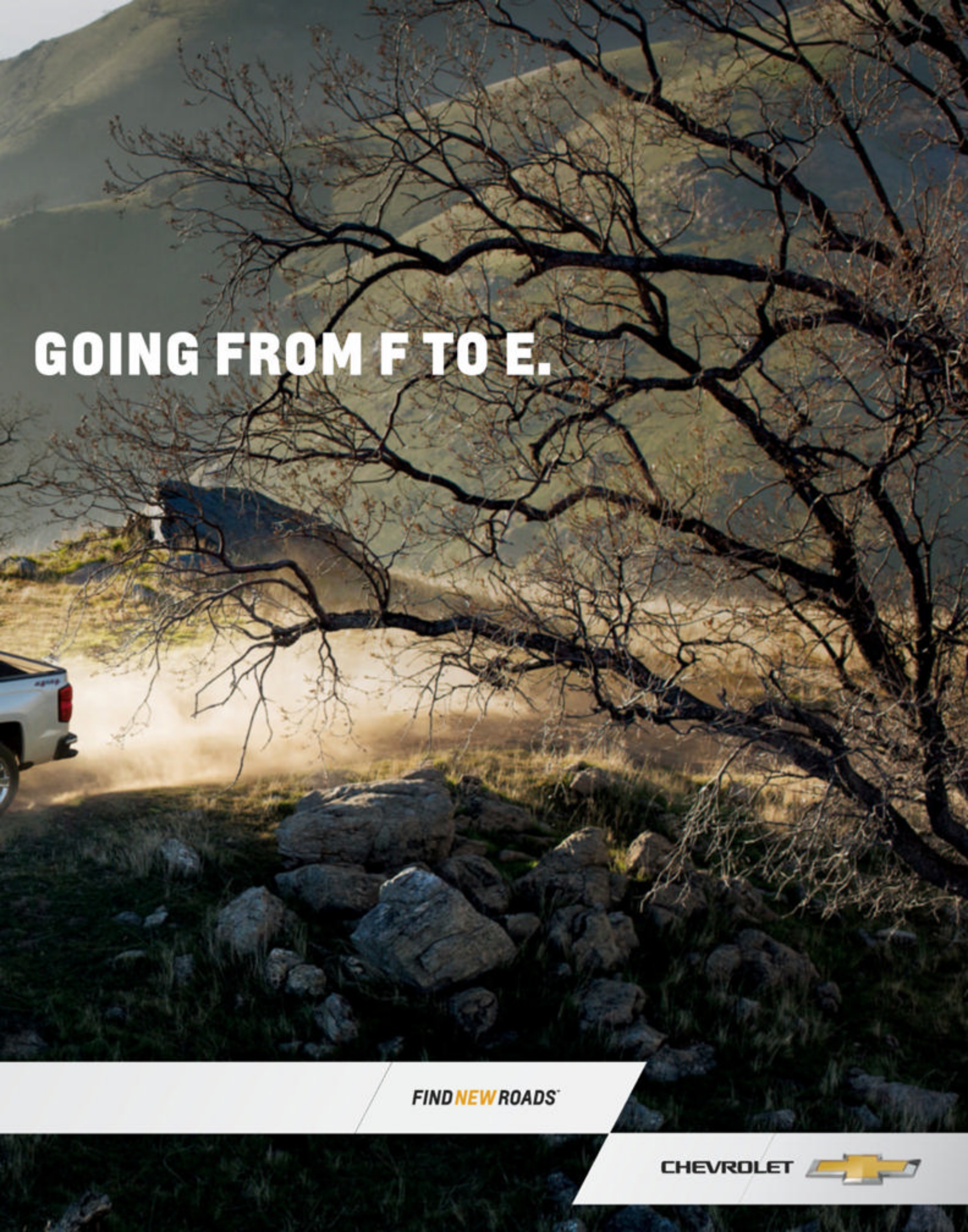
GET FROM POINT A TO B WITHOUT

A silver 2015 Chevy Silverado 1500 is shown from a front-three-quarter view, driving on a dirt road that winds through a hilly, grassy landscape. The truck is kicking up a small amount of dust from the road. In the background, there are rolling hills and a few bare trees under a hazy sky.

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JULY RECIPES

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Grumpy for Good

Backyard inspiration from our notoriously cranky garden columnist



MY KIDS HAVE ASKED ME many times if The Grumpy Gardener, the longtime *Southern Living* Garden Editor, is actually grumpy.

"Yes," I tell them. "He is."

When they ask why, I don't have a good answer, because in my view Steve Bender (his real name) has one of the best jobs in magazine. He's paid to write about plants; visit the prettiest gardens in the South; experiment with vegetables, herbs, and flowers; and peruse the local garden center for "research" whenever the office gets tiresome. His assignments take him to places like Monticello in Charlottesville, Virginia; Magnolia Plantation in Charleston, South Carolina; and Callaway Gardens in Pine Mountain, Georgia. He does

this for you, of course, all part of a concerted effort to unlock the mysteries of Southern gardening.

But there are some things that Steve just can't tolerate, and it may be that 30-plus years of dishing out advice on crepe myrtles (and the scourge of the South, "crepe murder") has made him a little salty. Sometimes he actually growls in meetings, and whatever you do, don't bring up the subject of squirrels—especially on a Monday.

That said, July is a time of year when The Grumpy Gardener seems to get a little spring in his step—however briefly. Get him talking about the 'Giant Marconi' peppers he's about to harvest, or sweet green basil, or plump blackberries, and he gets so excited that he can't sit still. He starts gesturing with his hands, and there's a kind of childlike amazement in his voice, as if he had just plucked his first heirloom tomato.

Recently, he took on one of his most challenging assignments ever: teaching yours truly how to grow my first real vegetable garden. He drew me a detailed sketch of what to plant in my two raised beds, told me to buy 200 pounds of cow manure, and suggested a couple of big blue glazed pots (planted with lemongrass) to give the beds some color. If I don't screw it up, I'll be harvesting basketfuls of vegetables about the time you pick up this issue, and I'll share some photos on Instagram (@sidmemphis).

Meanwhile, I invite you to send your gardening questions, concerns, and victories to Grumpy via e-mail at grumpy@southernliving.com and read his blog at southernliving.com/grumpy. He really does want to help, and even if his bedside manner isn't always the best, he will give you "expert, flawless, and free advice" (his words, not mine) on your garden every time.

SID EVANS, EDITOR IN CHIEF
SID@SOUTHERNLIVING.COM

HARPER LEE'S LEGACY

Timed with the publication of *Go Set a Watchman*, the much-anticipated (and much-debated) sequel to Harper Lee's *To Kill a Mockingbird*, the editors of *LIFE* have created a special magazine devoted to the legendary author, the best-selling book, and the Academy Award-winning movie. Filled with rare photographs and an original essay by acclaimed author Melissa Fay Greene, the issue is a tribute to the lasting power and resonance of one of the greatest works of Southern literature. Available at newsstands or as a digital version at timespecials.com.



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STORIES WITH US.
WE'LL HIGHLIGHT SOME
THROUGHOUT THE YEAR**

LETTER OF THE MONTH:

Recently my pastor's wife, Jennifer, a woman raised in the South, was telling me that her ideal day would be drinking my sweet tea and thumbing through my Southern Living cookbooks. So I proudly pulled out the January 1977 issue, page 145, to show her my Spinach-Mushroom Salad. Not bad for a transplanted Yankee! I lived in the South from 1971 until 1993. After my friends introduced me to Southern Living, I learned to make sweet tea with simple syrup, pecan pie, spoon bread, brisket, biscuits and redeye gravy. I've learned to plan and host parties, decorating ideas, fashion tips, and where to visit in the South. My husband's career took us back to the Buckeye State, but I still read Southern Living each month. It's always a Christmas gift for my daughter, Jessica; my daughter-in-law, Miriam; and of course, my friend Jennifer.

—ELAINE B.
WEST, JEFFERSON, OHIO

WRITE US!

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"Going out on our grandparents' boat, watching fireworks, and eating ice cream!"

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"We have a neighborhood parade led by a tractor and then play the sport my Granddaddy invented: T-ball."

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"Making sand 'pies' at the lake with our little Violet."



"With three generations at the lake, barbeque, and lots of laughter. Here's our charming patriarch, Pops."

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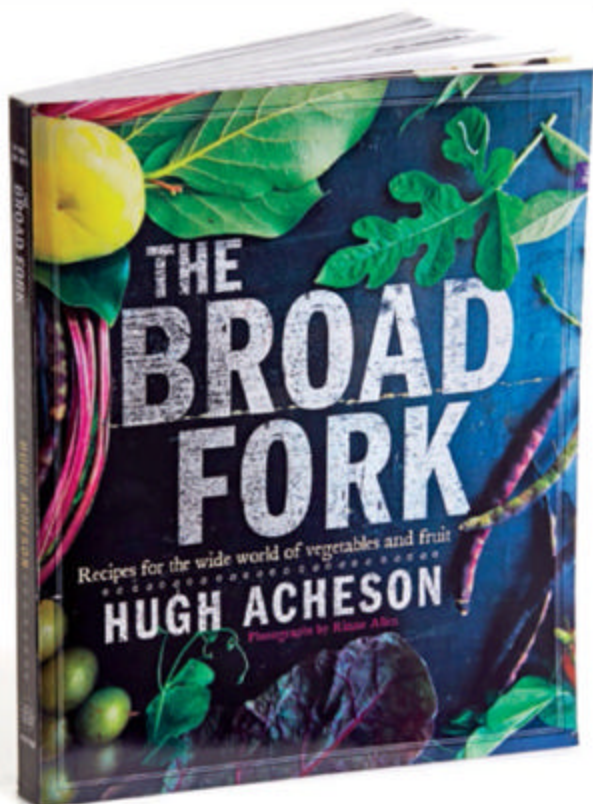


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If you've ever felt lost at the farmers' market, chef Hugh Acheson has the answer. In his latest book, he shares 200 recipes and meal ideas centered around fruits and vegetables, with a side of fatherly advice for getting kids to eat them too.



CARROT SOUP WITH BROWN BUTTER, PECANS, AND YOGURT

This soup brings out the natural sweetness of the carrots.

- 1 lb. carrots
- 4 Tbsp. unsalted butter, divided
- 1 medium yellow onion, minced
- 2 sprigs fresh thyme
- 1 red jalapeño, minced
- 2 Tbsp. ground sesame seeds (not tahini—pulse

them in a food processor or spice grinder)

- 1 qt. chicken stock
- Kosher salt
- 1/2 cup plus 2 Tbsp. plain Greek yogurt
- 1/4 cup crushed pecans
- 1 Tbsp. sherry vinegar
- 2 Tbsp. chopped carrot tops
- Maple syrup to taste

1. Peel the carrots, and cut 1 carrot into very thin rounds; reserve for garnish. Cut the rest of the carrots into 1/2-inch pieces.

2. Melt 2 Tbsp. of the butter in a medium saucepan over medium heat. Add the onion, and cook, stirring occasionally, until soft (about 10 minutes). Add the thyme sprigs, jalapeño, sesame, and 1/2-inch cut carrots. Cook for 10 more minutes, stirring occasionally, and then add the stock and kosher salt to taste. Bring to a boil; reduce the heat, and simmer until the carrots are very tender (about 15 minutes). Remove from the heat, and remove the thyme sprigs.

3. Puree the carrot mixture in a blender. Pour the soup back in saucepan, stir in the 1/2 cup yogurt, adjust seasoning with salt, and place the lid on the pan.

4. Melt the remaining 2 Tbsp. butter in a small sauté pan over medium-high heat, and cook until the solids begin to brown. Add the pecans. Toss and toast for about 1 minute. Remove from the heat, and add the vinegar.

5. Serve the soup in bowls. Dollop each serving with the remaining yogurt and the pecan brown butter. Sprinkle with the carrot

coins and carrot tops, and finish with a drizzle of maple syrup.

MAKES 4 to 6 servings. **HANDS-ON** 45 min., **TOTAL** 1 hour

LEEK FONDUTA

Fonduta is simply the Italian version of fondue.

- 2 lb. leeks, white and pale green parts, washed and thinly sliced in half-rounds
- 3 garlic cloves, thinly sliced
- 2 Tbsp. unsalted butter
- 1 tsp. sea salt, plus more to taste
- 1 cup heavy cream
- 1/2 cup crème fraîche
- 1 cup finely grated Parmigiano-Reggiano cheese
- 2 Tbsp. chopped fresh flat-leaf parsley leaves
- 1 tsp. grated lemon zest
- 1 tsp. freshly cracked black pepper
- 1 baguette, cut into 1-inch-thick slices and toasted

In a large saucepan, combine the leeks, garlic, butter, and the 1 tsp. sea salt. Place the pot over medium heat, and cook until the leeks are tender and translucent (about 20 minutes). Add the cream and crème fraîche, and bring the liquid to a boil. Reduce the heat, and simmer for 5 minutes. Add the Parmigiano-Reggiano, parsley, lemon zest, black pepper, and more sea salt to taste, and stir to incorporate. Transfer the fonduta to a serving bowl, and serve with baguette slices.

MAKES 4 to 6 servings. **HANDS-ON** 50 min., **TOTAL** 1 hour, 5 min.

➔ To pick up a copy of *The Broad Fork*, visit your local bookstore or order from amazon.com.



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Southern HOME

THE SOUTH'S BEST DESIGN & STYLE IDEAS

STYLING: BUFFY HARGETT MILLER

THE ULTIMATE LAZY LUNCH

WHEN BEACH SEASON ARRIVES, JULIA REED LIKES TO KEEP THINGS SIMPLE, FAST, AND A LITTLE BIT FRENCH

WHEN I WAS a kid, we spent a few weeks each summer at the Frangista Beach on Florida's Gulf Coast near Destin. Each "suite" in the one-story cinder block

affair featured a kitchen with a noisy fridge and a Formica-topped "dining table." Easy summer lunches meant my mother's tuna fish salad sandwiches. It was heaven.

The Frangista was torn down years ago, and we have since migrated down the beach to Seaside. Our current base of operations has a big front porch, and the dining table is a French farm table that stretches out to seat at least 10. The only thing that hasn't changed is that the lunches, and the living, remain easy. The good news is that "easy" can also mean elegant. It just takes a bit of planning and some inspiration. Mine comes from another hot-weather culture—the south of France.

First of all, that particular South is home to some excellent rosé, one of the world's great (and inexpensive) summer wines. It is also a source of delicious no-fuss hors d'oeuvres: olives (Niçoise, picholine, Lucques) and almonds toasted with sea salt. Most importantly, their straightforward, ingredient-centered menu staples are eminently adaptable to our own food culture.

For years, my go-to main course was a classic Niçoise salad—but with fresh Gulf tuna subbed for the French oil-cured variety. I still serve it, but lately I've become obsessed with an equally simple platter of goodies—a grand aioli. I've always been a huge fan of aioli itself—what's not to love about mayonnaise with olive oil and garlic? But a "grand aioli" refers to the complete dish, an assortment of simply poached seafood and vegetables served with the sauce.

Gorgeous to look at and a cinch to make ahead, a grand aioli is a fixture at French village fetes, where it is always accompanied by the aforementioned rosé. It's also the ultimate lazy-day menu. Guests help themselves from the platter and dip into bowls passed at the table. The routine becomes talk, dip, and drink—at our house, the beach usually becomes a distant memory.

In France, the components include poached salt cod and



Giant clamshells are my favorite summer wine coolers.

Don't have the real deal? Affordable resin versions are easy to find and far lighter to carry. (Try zgallerie.com.) Chilled wine cups from Mississippi's McCarty's Pottery (mccartyspottery.com) keep wine cold like an ice bucket.

snails along with potatoes, hard-boiled eggs, green beans, and cauliflower and are so sacrosanct that the locals get riled up over the slightest alteration. But because I am on the Redneck Riviera rather than the Côte d'Azur, I can safely play around with whatever's close by. Snails are replaced with fresh Gulf shrimp, salt cod with hours-old grouper. (Season filets with salt and white pepper, and place in simmering, salted water or fish stock for about five minutes.) New potatoes and hard-boiled eggs are still musts, but I often replace the green beans with okra and add whatever else my buddy Paul (from Paul's Pick of the Crop) has on hand from the Seaside Farmers Market. The only other necessary addition is plenty of sliced French bread. Brushed with olive oil and toasted, it gets slathered with aioli too. Because you can never have enough of the latter, I always offer a variation or two.

For a prelunch cocktail, I take my cues from another south-of-France favorite, a *vin d'orange* (wine fortified with vodka and infused with citrus). The French concoction has to sit around for weeks, so I cut to the chase with orange-infused rum made into a classic gimlet. For dessert, I serve local ice cream, and if I'm very ambitious, I'll make chocolate meringue cookies with the egg whites left over from making the aioli. Bon appétit!



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"The good news is that 'easy' can also mean elegant. It just takes a bit of planning and some inspiration."

A LAZY LUNCH PRIMER

THE TABLE



To me, flowers look out of place at the beach.

Get creative with other natural beauties instead. I used my mother's coral collection (above), but you could make a runner with overlapping palmetto leaves or use sand dollars as place cards. And don't be afraid to mix old and new china and glassware.



THE FOOD

GRAND AÏOLI

- 3 garlic cloves, peeled and grated on the finest holes of your grater
- 1/4 tsp. kosher salt
- 2 large pasteurized egg yolks, at room temperature
- 2 tsp. warm water
- 1/2 cup pure olive oil
- 1/2 cup extra virgin olive oil

Fresh lemon juice

Freshly ground black pepper

Poached shrimp, hard-cooked eggs, boiled new potatoes, green beans, okra, and beets

Drape a kitchen towel over a small saucepan, and set a small metal bowl over it. Mash garlic and salt together in bowl; whisk in yolks and 2 tsp. warm water. Add oil, 1 tsp. at a time, whisking constantly. Add extra virgin olive oil in a slow, steady stream, whisking constantly. (If mixture gets too stiff, add more water.) Stir in lemon juice and pepper to taste. Serve with shrimp, eggs, and vegetables.

MAKES 1 cup. **HANDS-ON** 15 min., **TOTAL** 15 min.



Lime-Sriracha Aïoli:

Omit lemon juice and black pepper. Prepare recipe as directed, stirring in 2 tsp. each fresh lime juice and Asian hot chili sauce (such as Sriracha) after whisking in extra virgin olive oil.

Saffron Aïoli:

Omit lemon juice and black pepper. Stir together 2 tsp. warm water and 1/2 tsp. crumbled saffron threads. Prepare recipe as directed, substituting saffron mixture for plain warm water. Stir in a pinch of dried crushed red pepper before serving.

ORANGE-INFUSED RUM GIMLETS

Slice 2 or 3 navel oranges, and place in a 2-qt. pitcher. Add 1 (750-milliliter) bottle white rum; cover and let stand 8 to 12 hours. Stir in 3/4 cup fresh lime juice, 1/2 cup orange liqueur, and 1/2 cup simple syrup*, and fill pitcher with ice. Serve immediately.

MAKES 2 qt. **HANDS-ON** 10 min.; **TOTAL** 8 hours, 10 min.

*To make simple syrup, bring 1/2 cup sugar and 1/2 cup water to a boil in a small saucepan over medium heat, stirring occasionally. Boil 1 minute or until sugar dissolves. Cool 30 minutes.



For dessert, stick silver spoons straight into pints of small-batch ice cream. (I love Southern Craft Creamery from Seaside's Modica Market.) Let guests fill their own bowls.

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4 Festive Backyard

THEME

FIESTA PARTY

Spice up the night with a south-of-the-border theme.

INVITATION



Mexican Ties Party Invitation
by Sandy Pons for Minted,
\$60/25; minted.com

CENTERPIECE



Sombrero in Brown,
\$4.02; partybell.com

TABLE LINENS



Sonora Placemat,
\$12; anthropologie.com

GARDEN PARTY

Fete midsummer's long days with an elegant outdoor affair.



Kraft Note Card Value Pack,
5 by 7 inches, \$9.99/50;
hobbylobby.com



Decorative Rustic
Birdcages, \$38/set of 2;
qvc.com



Burlap in Natural,
\$3.99/yard; joann.com

FOURTH OF JULY PARTY

Charm guests with a cheerful and patriotic celebration.



Life Liberty Invitation,
online invite, from 25 cents each;
paperlesspost.com



Sailboat Serve Bowl,
\$89; potterybarn.com



Red Dahlia Villa Stripe Napkin,
\$7.96/set of 4;
worldmarket.com

POOL PARTY

Stage a preppy escape for your friends to cool off in style.



Maude's Pool Invitation,
online invite, from 8 cents each;
paperlesspost.com



Neon Beach Ball, \$1.48;
birthdaydirect.com



Dransfield & Ross Seersucker
Wave Edge Cocktail Napkins,
\$38.57/set of 4; beyondstores.com

Parties

From kitschy-cool flamingos to rustic table linens, we've got all your summer shindigs covered

PLATES



Rope Outdoor Dinnerware, from \$26; potterybarn.com

DECOR



Natural Seagrass Base Hurricane, from \$22.95; pier1.com

ACTIVITY



Hot Pepper Chile Piñata, \$14.95; mexgrocer.com

PARTY FAVOR



Patrón Silver Tequila, 50 milliliters, \$7.49; acespirits.com



Decker Galvanized Charger, \$12.95; crateandbarrel.com



Chalkboard Picks, \$1.99/set of 12; worldmarket.com



Franklin Sports Croquet Set, \$49.99; amazon.com



4-inch Clay Terra-Cotta Pot, 77 cents; walmart.com



Red Check Paper Food Tray, \$7.99/250; webstaurantstore.com



Patriotic Pinwheels, from \$12.95/set of 3; crateandbarrel.com



Canvas Backgammon Game, \$29; westelm.com



Gold Star Sparklers, \$10/12; ilovesparklers.com



Monogrammed Melamine Plate, Solid, \$35; markandgraham.com



Retro Yard Pink Flamingos, \$14.95/pair; partyswizzle.com



J. Franklin Field Day Badminton Set, \$68; shopterrain.com



Artisanal Ice Pops in Assorted Flavors, \$3 each; kingofpops.net



Make Every Day Feel Like Vacation

ARCHITECT: Scott Ziegler **SIZE:** 1,500 square feet **PLAN NAME:** Nautical Cottage Alternate, #235; houseplans.southernliving.com

THE CHARMING DETAILS



WEATHER VANE

Sailboat Weather vane,
\$69; grandinroad.com



FLAG

3- by 5-foot United
States Flag, \$36.95;
tidmoreflags.com



SHINGLES

Dune Gray Semi-Solid
Stain; cabotstain.com



TRIM

Polar White (2069-70);
benjaminmoore.com

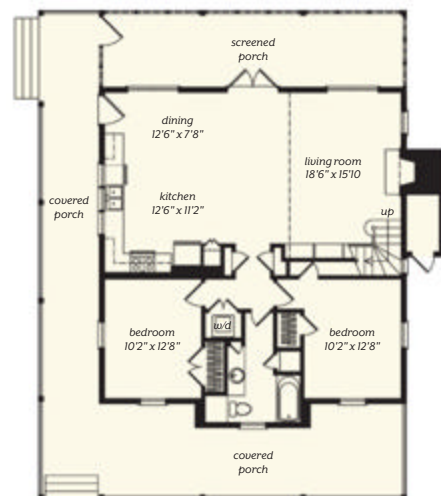
WHY WE LOVE IT

At only 1,500 square feet, this little cottage maximizes efficiency to a T. The classic shingled home (above, built on Texas' Galveston Bay) packs in three sizable bedrooms and an open kitchen and living area. It's also wrapped with porches (both screened and open-air) designed to capture views and breezes.

THE WOW FACTOR

That coastal flair! The Nantucket star porch railing and sailboat weather vane are more than just decorative detailing. They pay homage to nautical American architecture. And the flag not only adds patriotic character but also animates the exterior every time the wind blows. 🌊

THE PLAN



Second floor (with third bedroom) not shown.

TOP: ART MERIPOL; PRODUCTS: COURTESY VENDORS; ILLUSTRATION: COURTESY SCOTT ZIEGLER

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THE BIG IDEA

This dreamy photo inspired me to make my own (albeit simplified) valance.

HOW TO MAKE A VALANCE

If you can wrap a gift, you can hack designer window treatments

INSIDE EVERY home editor lives a bad case of big-budget decorating envy. The cure for this pricey affliction? Resourceful creativity. In this instance, I needed the valance pictured above. Also called a cornice, this look can cost \$1,200 or more. Luckily, at an estate sale, I took a gamble (and won) on a pair of large balloon shades for \$20. Lots of careful seam ripping later, I had 18 yards of Rose Cumming's Sabu fabric. Had I planned on a pink-and-green leopard-scheme room? Not really, but thriftiness requires an open mind. Next, I read a few blog how-tos, consulted with a seamstress for accuracy, and got to work. Here's how I saved \$1,200.



Matching curtain panels (made by a seamstress) and bamboo blinds (Natural Multi-Weave Bamboo Roman Shade, \$38.82; [home depot.com](http://home.depot.com)) finish the look.

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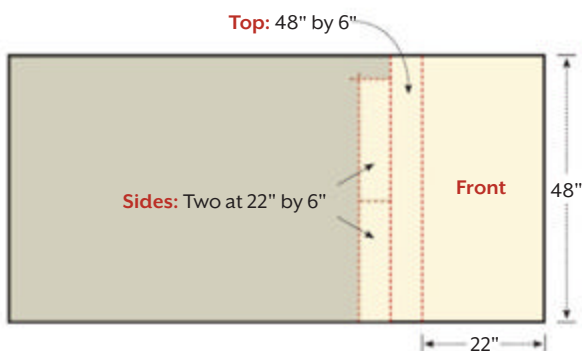
MATERIALS

- 4- x 8-foot sheet of 1/4-inch plywood
- 20 (#8) machine screws
- 10 (1-inch) L brackets and 3 (6-inch) L brackets (screws included)
- drill
- batting
- staple gun
- fabric

BUILDING YOUR VALANCE

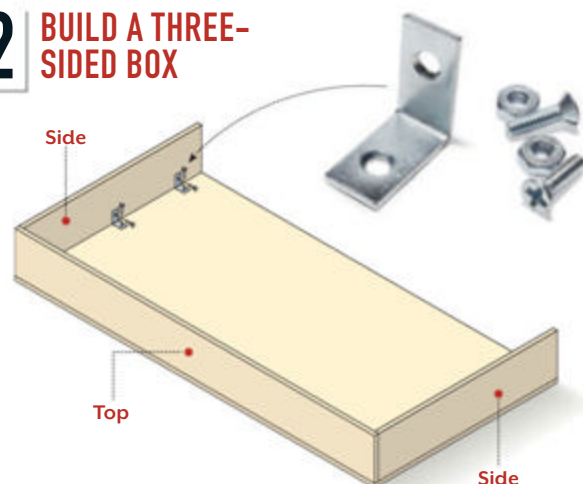
HERE'S EVERYTHING REQUIRED TO OUTFIT ONE STANDARD-SIZE, 34- BY 50-INCH WINDOW

1 HAVE THE HOME-IMPROVEMENT STORE CUT THE WOOD



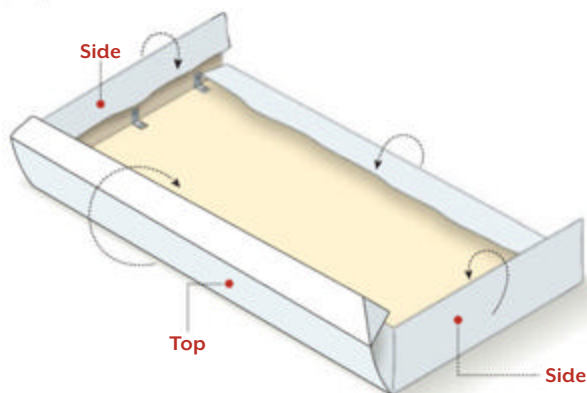
► **Buy a 1/4-inch-thick, 4- by 8-foot sheet of plywood.** Have four pieces cut: one front (48 by 22 inches), one top (48 by 6 inches), and two sides (22 by 6 inches). With these dimensions, you'll end up with a suitably scaled valance that extends 6 inches from the wall and 5 inches on either side of the window to accommodate curtain hardware.

2 BUILD A THREE-SIDED BOX



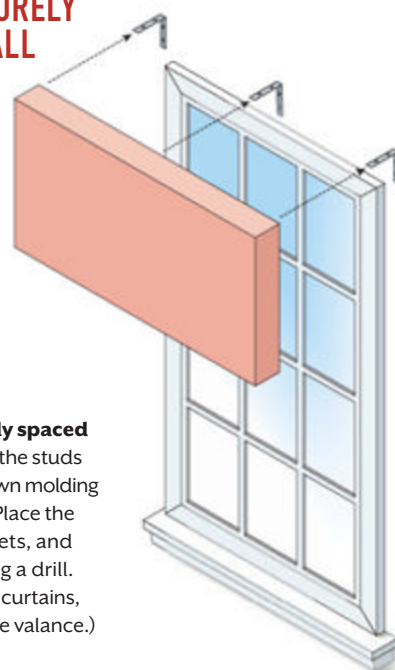
► **Lay out all four pieces, machine screws, and L brackets** on a flat surface. First, connect the sides and front piece by screwing in three equally spaced L brackets on each side using a drill. Follow the same process along the top of the box using four equally spaced L brackets (instead of three) to accommodate the lengthier top.

3 UPHOLSTER LIKE A PROFESSIONAL



► **Cover with high-loft batting** (\$15.99; hancockfabrics.com). Lay the box facedown on a 72- by 30-inch piece of batting. Beginning with the top and bottom, use a staple gun to secure batting to back of the box. Then, neatly fold in the sides and corners (like wrapping a gift), and staple. Repeat these steps with fabric, placing it carefully.

4 HANG SECURELY ON THE WALL



► **Screw three evenly spaced 6-inch L brackets** into the studs directly below the crown molding above your window. Place the valance on the brackets, and screw into place using a drill. (If you have shades or curtains, install those before the valance.)



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FOR DECORATING, BUT ONE BOLD PRINT
CAN CARRY AN ENTIRE ROOM

Barry 100% Linen
in Lavender, \$9.95/yd;
graylinen.com

Pagoda Road
in Pistachio,
\$29.99/yd;
calicocorners.com

Nate Berkus
Indre Lynwood
in Navy, \$29.99/yd;
joann.com

Mahout in Multi,
\$29.99/yd;
calicocorners.com

Waverly Tucker Resist
in Indigo, \$49.99/yd;
joann.com

Treads in New Leaf,
\$33.95/yd;
housefabric.com

TRIFEXIS® (spinosad + milbemycin oxime) Chewable Tablets

Caution: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Before using TRIFEXIS chewable tablets, please consult the product insert, a summary of which follows:

Indications:

TRIFEXIS is indicated for the prevention of heartworm disease (*Dirofilaria immitis*). TRIFEXIS kills fleas and is indicated for the prevention and treatment of flea infestations (*Ctenocephalides f. felis*), and the treatment and control of adult heartworm (*Angiostrongylus cantoniensis*), adult roundworm (*Toxascaris canis* and *Toxascaris leonidis*) and adult whipworm (*Trichuris vulpis*) infections in dogs and puppies 8 weeks of age or older and 5 pounds of body weight or greater.

Dosage and Administration:

TRIFEXIS is given orally, once a month at the minimum dosage of 13.5 mg/ib (30 mg/kg) spinosad and 0.2 mg/ib (0.5 mg/kg) milbemycin oxime body weight. For heartworm prevention, give once monthly for at least 3 months after exposure to mosquitoes (see EFFECTIVENESS).

Contraindications:

There are no known contraindications to the use of TRIFEXIS.

Warnings:

Not for human use. Keep this and all drugs out of the reach of children. Serious adverse reactions have been reported following concomitant extra-label use of ivermectin with spinosad alone, a component of TRIFEXIS (see ADVERSE REACTIONS).

Precautions:

Treatment with fewer than 3 monthly doses after the last exposure to mosquitoes may not provide complete heartworm prevention (see EFFECTIVENESS).

Prior to administration of TRIFEXIS, dogs should be tested for existing heartworm infection. At the discretion of the veterinarian, infected dogs should be treated with an anthelmintic to remove adult heartworms. TRIFEXIS is not effective against adult *D. immitis*. While the number of circulating microfilariae may decrease following treatment, TRIFEXIS is not indicated for microfilariae clearance.

Mild, transient hypersensitivity reactions manifested as labored respiration, vomiting, salivation and lethargy, have been noted in some dogs treated with milbemycin oxime carrying a high number of circulating microfilariae. These reactions are presumably caused by release of protein from dead or dying microfilariae.

Use with caution in breeding females. The safe use of TRIFEXIS in breeding males has not been evaluated.

Use with caution in dogs with pre-existing epilepsy (see ADVERSE REACTIONS). Puppies less than 14 weeks of age may experience a higher rate of vomiting.

Adverse Reactions:

In a well-controlled US field study, which included a total of 352 dogs (176 treated with TRIFEXIS and 176 treated with an active control), no serious adverse reactions were attributed to administration of TRIFEXIS. All reactions were reported as mild. Over the 180-day study period, all observations of potential adverse reactions were recorded. Reactions that occurred at an incidence >1% (average monthly rate) within any of the 6 months of observation are presented in the following table. The most frequently reported adverse reaction in dogs in the TRIFEXIS group was vomiting. Average Monthly Rate (%) of Dogs With Adverse Reactions

Adverse Reaction	TRIFEXIS Chewable Tablets*	Active Control Tablets*
Vomiting	6.13	3.08
Pruritus	4.00	4.91
Lethargy	2.63	1.54
Diarrhea	2.25	1.54
Dermatitis	1.47	1.45
Skin Reddening	1.37	1.26
Decreased appetite	1.27	1.35
Painful Reddening	1.18	0.87

*n=176 dogs

In the US field study, one dog administered TRIFEXIS experienced a single mild seizure 2 1/2 hours after receiving the second monthly dose. The dog remained enrolled and received four additional monthly doses after the event and completed the study without further incident.

Following concomitant extra-label use of ivermectin with spinosad alone, a component of TRIFEXIS, some dogs have experienced the following clinical signs: trembling/twitching, salivation/drooling, seizures, ataxia, mydriasis, blindness and disorientation. Spinosad alone has been shown to be safe when administered concurrently with heartworm preventatives at label directions.

In US and European field studies, no dogs experienced seizures when dosed with spinosad alone at the therapeutic dose range of 13.5-27.3 mg/ib (30-60 mg/kg), including 4 dogs with pre-existing epilepsy. Four epileptic dogs that received higher than the maximum recommended dose of 27.3 mg/ib (60 mg/kg) experienced at least one seizure within the week following the second dose of spinosad, but no seizures following the first and third doses. The cause of the seizures observed in the field studies could not be determined.

For technical assistance or to report suspected adverse drug events, contact Elanco Animal Health at 1-888-545-5873. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VEIS or <http://www.fda.gov/AnimalVeterinary/SafetyHealth>

Post Approval Experience (Mar 2012):

The following adverse reactions are based on post approval adverse drug event reporting. The adverse reactions are listed in decreasing order of frequency: vomiting, depression/lethargy, pruritus, anorexia, diarrhea, trembling/shaking, ataxia, seizures, hypersalivation, and skin reddening.

Effectiveness:

Heartworm Prevention:

In a well-controlled laboratory study, TRIFEXIS was 100% effective against induced heartworm infections when administered for 3 consecutive monthly doses.

Two consecutive monthly doses did not provide 100% effectiveness against heartworm infection. In another well-controlled laboratory study, a single dose of TRIFEXIS was 100% effective against induced heartworm infections.

In a well-controlled six-month US field study conducted with TRIFEXIS, no dogs were positive for heartworm infection as determined by heartworm antigen testing performed at the end of the study and again three months later.

Flea Treatment and Prevention:

In a well-controlled laboratory study, TRIFEXIS demonstrated 100% effectiveness on the first day following treatment and 100% effectiveness on Day 30.

In a well-controlled laboratory study, spinosad, a component of TRIFEXIS, began to kill fleas 30 minutes after administration and demonstrated 100% effectiveness within 4 hours. Spinosad, a component of TRIFEXIS, kills fleas before they can lay eggs.

If a severe environmental infestation exists, fleas may persist for a period of time after dose administration due to the emergence of adult fleas from pupae already in the environment. In field studies conducted in households with existing flea infestations of varying severity, flea reductions of 98.0% to 99.8% were observed over the course of 3 monthly treatments with spinosad alone. Dogs with signs of flea allergy dermatitis showed improvement in erythema, papules, scaling, alopecia, dermatitis/pyodermitis and pruritus as a direct result of eliminating the fleas.

Treatment and Control of Intestinal Nematode Infections: In well-controlled laboratory studies, TRIFEXIS was > 90% effective in removing naturally and experimentally induced adult roundworm, whipworm and hookworm infections.

Palatability:

TRIFEXIS is a flavored chewable tablet. In a field study of client-owned dogs where 175 dogs were each offered TRIFEXIS once a month for 6 months, dogs voluntarily consumed 54% of the doses when offered plain as if a treat, and 33% of the doses when offered in or on food. The remaining 13% of doses were administered like other tablet medications.

NADA 141-321, Approved by the FDA
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Protecting all the things you hold dear can be a tall order. But you wouldn't trade it for the world. So protect your dog with Trifexis® (spinosad + milbemycin oxime). It's the monthly, beef-flavored tablet that kills fleas and prevents flea infestations, prevents heartworm disease and treats and controls hookworm, roundworm and whipworm infections. Available by prescription from your veterinarian.

SAVE \$25 on a year's supply when you visit Trifexis.com/rebate

IMPORTANT SAFETY INFORMATION: Serious adverse reactions have been reported following concomitant extra-label use of ivermectin with spinosad, one of the components of Trifexis. Treatment with fewer than three monthly doses after the last exposure to mosquitoes may not provide complete heartworm prevention. Prior to administration of Trifexis, dogs should be tested for existing heartworm infection. Use with caution in dogs with pre-existing epilepsy. The most common adverse reactions reported are vomiting, depression, and itching. To ensure heartworm prevention, observe your dog for one hour after administration. If vomiting occurs within an hour, redose with another full dose. Puppies less than 14 weeks of age may experience a higher rate of vomiting. For product information, see previous page.

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your veterinarian



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Southern STYLE

OUR GUIDE TO LOOKING YOUR BEST

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The neutral, caramel-colored leather goes with everything and gets only richer with age.

COMFORT

Cushioned, calfskin-lined insoles and a micro-wedge heel add spring to every step.

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Whether you're picnicking in the park or playing in the sand, these SPF-packed picks will keep your skin healthy and beautiful

FOR HYDRATED LIPS

With its light tint and soothing aloe vera and vitamin E compounds, this balmy lipstick is just right for a pared-down summer look.

Jouer Lip Sheer SPF 15 in Antigua, \$24;
jouercosmetics.com

FOR ALLOVER SUN PROTECTION

This lightly scented, water-resistant formula absorbs quickly, and it won't irritate sensitive skin or cause breakouts.

Coppertone ClearlySheer for Beach & Pool Spray with SPF 50, \$9.99;
drugstore.com

FOR SMOOTH SKIN

This paraben-free, antioxidant-infused lotion is a blessing for ladies with dry, sensitive skin. One or two pumps are all you need for a beautiful finish. **Josie Maran Argan Daily Moisturizer SPF 47**, \$32; josiemaran.com

FOR A HEALTHY GLOW

Stila's do-it-all cream shields, hydrates, boosts collagen, blurs fine lines, and leaves skin with a lit-from-within glow. Use it under foundation as a primer or on its own for light coverage and a dewy finish. **Stila Stay All Day 10-in-1 HD Illuminating Beauty Balm with SPF 30**, \$38; stilacosmetics.com

FOR A FLAWLESS COMPLEXION

This concealer hides circles and reduces puffiness while protecting the delicate eye area from future damage.

Healthy Skin Brightening Eye Perfector SPF 25, \$11.99;
neutrogena.com



1 SHIMMER SHADOW

2 LASTING BLUSH

3 RIBBON HAIR TIES

4 FLORAL PERFUME

8 ARTISAN SOAP

9 NAIL POLISH

5 ALL-DAY GLOSS

7 POLISH REMOVER

6 BEAUTY KIT

1. **SHIMMER SHADOW** Apply along lash line for sparkle. **Prismatic Shadows in Golden Peach**, \$6; nyxcosmetics.com

2. **LASTING BLUSH** Goes on like a powder but sets like a cream. **FLOWER Transforming Touch Blush in A-coral-ble**, \$12.98; walmart.com

3. **RIBBON HAIR TIES** Snag-proof and pretty. **Custom Set of 3**, \$6; emi-jay.com

4. **FLORAL PERFUME** Inspired by 19th-century apothecary scents. **Royal Apothic Eau de Parfum in Apple Blossom**, \$16; anthropologie.com

Coral Crush

Celebrate summer with beauty loot under \$20

5. **ALL-DAY GLOSS** Double-sided with a rich color and a sealing balm. **L'Oréal Paris Infallible Pro-Last Lip Color in Perpetual Apricot**, \$12.99; drugstore.com

6. **BEAUTY KIT** Seventeen Hail Mary tools (hair spray, safety pins) in one tiny bag. **Good Luck Minimergency Kit for Her**, \$16; pinchprovisions.com

7. **POLISH REMOVER** Portable and spill-proof. **Instant Nail Polish Remover Wipes**, \$5/20; sephora.com

8. **ARTISAN SOAP** Made in Asheville, NC, with natural oils. **Rosemary & Grapefruit Soap**, \$6; bellaandoliversoap.com

9. **NAIL POLISH** A rich shade that lasts. **Pixi Nail Colour in Coral Cantaloupe**, \$8; target.com

FOURTH OF JULY COOKOUT

Jenna Bush Hager salutes summer in red, white, and blue

1 “Serena & Lily has branched out into fashion. You’ll love this silk-and-linen top.” **Ruthie Poncho**, \$195; serenaandlily.com

2 “Red shoes elevate your look. Go with comfy wedges for height and ease.” **Mossimo Supply Co. Novalee Macramé Wedge Sandal in Coral**, \$29.99; target.com

3 “These slim-cut jeans aren’t too tight, and though the cotton fabric has a little give, they stay true to size all day.” **White Ankle Jeans**, \$98.50; vineyardvines.com

4 “Curved lenses and a straight brow bar make aviators flattering for all.” **LC Lauren Conrad Carmel Sunglasses**, \$30; kohls.com

5 “Charleston, South Carolina, designer Harper Poe works with artisans around the world to create items that have a collected feel.” **Awning Striped Clutch**, \$60; proudmary.org

6 “I love the nautical look of this piece for summer.” **Gold Twist Links Necklace**, \$26; baublebar.com



“White jeans are classic but still fresh, and you can easily dress them up or down. They are my summer staple.”
—JENNA BUSH HAGER

TIPS FROM A D.C. Style Setter

Girl about town and owner of the city's Salt & Sundry shops, **Amanda McClements** shares the beauty buys that keep her fresh through the Capital's sweltering summer



"This leaves hands supersoft. Plus, when you buy a product, the brand donates a bar of soap and a month of clean water to kids in developing countries." **Sea Salt Sugar Scrub**, \$24; handinhandsoap.com



"Having grown up in North Carolina, I'm used to the South's heat. But D.C. is a whole other thing. You're running around the city with the blazing sun and humidity and none of the coastal breeze."

—AMANDA McCLEMENTS



"People are afraid to use oils when it's humid, but this is light and not greasy. Natural oils really soak into skin and moisturize." **Pomegranate Facial Nourishing Oil**, \$30; johnmasters.com

"I like to go minimal with makeup in summer. The point on this liner is so fine that I can easily draw on a subtle cat-eye."

Eye Studio Master Precise Ink Pen Eyeliner, \$4.79; walmart.com



"Former *Food & Wine* editor Kristin Donnelly started this line of all-natural lip balms. I love that the flavors are inspired by food. The Old Fashioned is always in my pocket." **Old Fashioned Lip Balm**, \$6; stewartandclaire.com



"I like wearing long maxi dresses with statement pieces. Local jewelry designer Mallory Shelter makes lightweight earrings that really stand out." **Sky Blue Chalcedony Drop Hoops**, \$78; malloryshelterjewelry.com

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Southern
GARDENING

PLANTS AND SOLUTIONS FOR OUTDOOR LIVING

Boxwoods and
dwarf mondo grass
line the front walk.

ROME IS WHERE THE HEART IS

WES WALRAVEN CAME HOME TO A SMALL
GEORGIA TOWN TO POLISH A FORGOTTEN JEWEL



A trio of Japanese cryptomerias screens the solarium from the street.



N

ever underestimate the tug of hometown roots. Wes Walraven will attest to that. After leaving Rome, Georgia, in 1981, he lived in Chicago, New York, London, Hong Kong, and Los Angeles. Five years ago, while visiting family in Georgia, he was delighted to discover that the sleepy town

he grew up in was now in the midst of a renaissance. The downtown offered new stores, restaurants, theaters, and a lively music and college scene. Rome looked like a good place to escape to for now and to retire to in the future. And that's how Walraven and his partner, Brian Moore, came to buy Rose Hill, an old Greek Revival home there.

Named for the beautiful gardens that once surrounded it, Rose Hill, with its prominent position in the historic Between the Rivers district downtown, was just what they were looking for. However, the overgrown landscaping obscured the facade of the 1909 beauty. Landscape architect Pete Wilkerson of Scapes in Roswell, Georgia, reclaimed the grounds.

The Big Idea

Restore the historic character of the front garden so its formal style echoes that of the house.

The Plants

They used boxwoods for low hedges and anchoring corners, dwarf mondo grass for edging the walks, Japanese cryptomerias to screen the solarium, Southern magnolias along the property lines for privacy, and flowers for seasonal color.

The Details

The first step in restoring an old landscape is deciding which plants and structures stay, which must go, and which will be added. The

RESCUE YOUR FESCUE

Green grass in winter is important to the owners. Tall fescue is the only perennial grass that stays green in the Lower South, but it demands lots of care. You should water two to three times a week for an hour in the morning. Once the mercury hits 90 degrees, raise your mowing height from 3 inches to 4 and apply a lawn fungicide. Then in the fall, seed the lawn with more tall fescue.

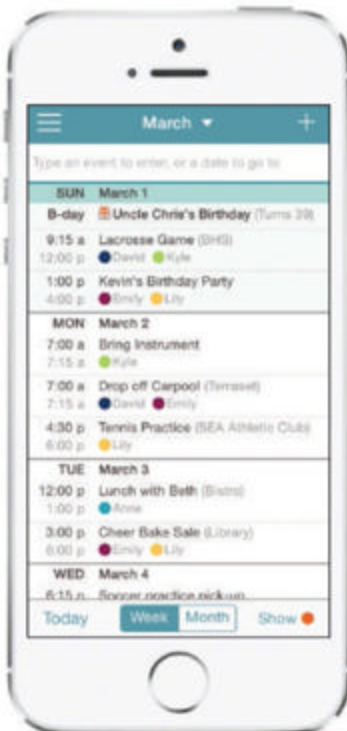
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Southern magnolias on the sides create a sense of enclosure.

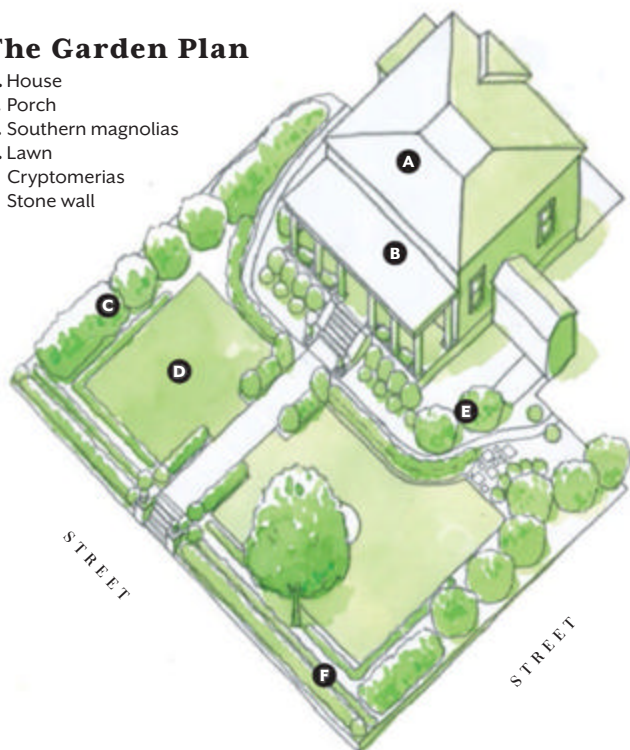
Flowers added to pedestal planters lend seasonal color to the front garden.



▲ Begonias, blue salvias, and perennials face the street atop the stone retaining wall.

The Garden Plan

- A. House
- B. Porch
- C. Southern magnolias
- D. Lawn
- E. Cryptomerias
- F. Stone wall



existing stone wall near the street and the brick front walk were critical to historical continuity and in good shape, so they stayed. Two old tornado-damaged oaks that were crowding the steps and sidewalk had to go. Wilkerson removed the decrepit azaleas and Japanese hollies in front of the house and transplanted three dogwoods to new locations. Every change had to be approved by Rome's Historic Preservation Commission.

One such change was mandated by a solarium that previous owners had added to one side of the house, which made it asymmetrical. Wilkerson got permission to screen the solarium from view by planting three large,

conical evergreens called Japanese cryptomerias (*Cryptomeria japonica*). He then planted rows of large Southern magnolias (*Magnolia grandiflora*) along the sides of the front yard for additional privacy.

"The design in front is really quite simple," says Wilkerson. At its heart are two flat panels of tall fescue lawns bordered by boxwoods on two of the sides and L-shaped beds of annuals on the other two. An opening in the boxwoods at the midpoint of the walk allows you to step from one lawn area over to the other. Granite cobbles edging the lawn visually reinforce its shape and give the mowed grass a manicured look. Strips of dark green dwarf mondo grass at the foot of a low hedge of light green 'Wintergreen' Korean boxwoods (*Buxus sinica insularis* 'Wintergreen') provide a nice contrast. A colorful flowerbed atop the retaining wall offers separation from the street below. 🌿



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GARDENING

PEAK COLOR

Meet Miss Lantana

For nonstop color and clouds of butterflies, try this tough and showy plant

NOW IS THE TIME

when newbie gardeners pray for the summer roast to end. Somebody should tell them about lantana. Tougher than Clint Eastwood, lantana parties in heat, chortles at drought, and blooms in a slew of sunny colors from spring to fall. Plus, its nectar-laden flowers attract pretty butterflies like moths to a flame.

Lantana (*Lantana camara*) can be an annual (dying in winter) or a perennial (coming back after winter),

depending on the selection and where you live. In general, it's winter hardy in the Lower, Coastal, and Tropical South (USDA Zones 8 through 10). Tough heirloom types like 'Miss Huff' (orange-and-pink flowers) can get big—up to 5 feet tall and twice as wide—but, frankly, that's a lot larger than most people want unless they live at Versailles. Fortunately, plant breeders

have developed lower-growing, compact hybrids suitable for containers and small gardens. Plants in the Lucky series, for example, grow about 12 inches tall and 16 inches wide, while those in the Landmark series grow 15 to 20 inches tall and 18 to 24 inches wide. (A series is a collection of different colors.) Slightly

larger offerings in the Bandana series grow approximately 24 inches tall and 30 inches wide. You need just a few plants to put on a show.

Rounded, flattened flower clusters about an inch across crown each plant. Colors include yellow, orange, apricot,

pink, red, and white. Most plants combine two different colors.

Because the seedlings can be invasive in Florida, gardeners there should plant selections that set little or no seed, such as 'Gold Mound,' 'New Gold,' 'Carlos,' 'Lemon Swirl,' 'Pinkie,' and the Landmark series. Lantana performs great in pots, window boxes, and hanging baskets and also dials up the flower power in beds. 🌿

LANTANA

SOIL

Well drained

SUN

Full sun

WATER

Take it easy; it prefers soil on the dry side.

FERTILIZE

Use a water-soluble blossom-booster fertilizer every two weeks.



A pot of lantana gives color all summer and fall.



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on Instagram: @southern_living
#southerncontainers

Summertime Flair

Combine these heat-loving plants for a striking display from now through fall

LET'S HEAR IT for elephant's ear! Its oversize leaves—the secret to this stately combination—create drama through scale. And they allow you to fill in the blanks with tiny, colorful flowers. Keep this pot looking gorgeous by placing it in full to part sun and giving it moist, well-drained soil. Fertilize it every 10 to 14 days and enjoy for months! 🌿

ELEPHANT'S EAR

COREOPSIS

'ARCHANGEL
RASPBERRY'
ANGELONIA

DOUGLAS IRIS

BLUE DAZE

FANFLOWER

CREeping JENNY

'ARCHANGEL
PINK' ANGELONIA

ENGLISH IVY



Strawberry Flaxtini

- 8 Tbsp Almased
- 1½ cup water
- ½ cup strawberries
- 1 Tbsp flaxseeds, ground

TRY ANY OF THE DELICIOUS SMOOTHIES BELOW TO GET YOUR DIET STARTED

Green Energy

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 cup raw spinach leaves
- ½ pear
- 1 tsp stevia (optional)



Mocha Magic

- 8 Tbsp Almased
- 12 oz unsweetened almond milk
- 1 Tbsp unsweetened cocoa powder
- ¼ cup cold coffee
- 1 tsp stevia (optional)



Cinnamon Roll

- 8 Tbsp Almased
- 12 oz unsweetened vanilla almond milk
- 1 tsp ground cinnamon
- 1 tsp stevia (optional)



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You can find Almased in Walgreens, GNC, the Vitamin Shoppe and health food stores or visit **www.almased.com**.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. As always, consult your doctor or health care team before beginning any weight loss program or reducing your dosage of current medications.

Grow Okra with Pride

Thomas Jefferson planted this quintessential Southern veggie every year—and you should too!

SOUTHERNERS LOVE OKRA, whether fried, grilled, stewed, or pickled. And okra loves the South back. Native to Africa, this iconic vegetable thrives in our sweltering heat and withstands withering droughts. Its candelabra-like stems produce attractive crepe paper blossoms that resemble those of hibiscus or cotton. These blooms give rise to the edible seedpods we crave all summer and fall.

The first rule of harvesting: Don't blink. Okra pods form in a flash. Check blooming plants every two days or you might miss the perfect picking size for tender pods. The second rule: Despite your typical July wardrobe, wear a long-sleeved shirt to reach underneath leaves when cutting off pods. Even if the pods are spineless, okra stems are not and will stick it to you.

Easy Growing

Okra is simple to sow and grow. Typically planted a few weeks after tomatoes, it benefits from our long, warm growing season. Soak the large seeds in water overnight, and then sow them 1 inch deep in rows that are at least 3 feet apart. Cover and water thoroughly, giving them a deep soaking every four or five days. When seedlings are 2 inches tall, thin them to 18 inches apart. As the plants begin to flower, apply a blossom-boosting fertilizer according to label directions.

OKRA

LIGHT

Full sun

SOIL

Well-drained soil amended with composted cow manure

FERTILIZE

Use an organic product such as Espoma Tomato-tone 3-4-6.

WATER

Soak roots weekly throughout the growing season.

back to 1 to 2 feet high, allowing side branches to form that continue producing for months. Keep picking the pods until you're ready to save seed. Then let a few pods dry on the plant at the end of the season before frost. Store their seeds

Okra produces until frost, but older plants need reinvigorating in late summer. Do this by cutting the tall plants

in a sealed glass jar. Also, save cut stalks with mature dried pods for interesting decorative elements in wreaths, ornaments, and flower arrangements.

Seed Sources

Long or stumpy, red or green, round or ridged, and crooked and hooked, okra comes in many forms. Look for modern and heirloom seeds at southernexposure.com, seedsavers.org, and rareseeds.com.

There are almost as many kinds of okra as folks who love it.



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JOIN US FOR CHRISTMAS IN JULY!®

5 OKRAS TO KNOW & GROW

A SHORT COURSE FOR ASPIRING POD PEOPLE



1 'HILL COUNTRY HEIRLOOM RED'

Drought-tolerant plant bears 6-inch-long green pods with reddish ribs and tips. Pods are great for pickling. Texas heirloom.

**GOOD,
DEPENDABLE
PRODUCER**



2 'COW HORN'

Large, curved pods up to 14 inches long are best picked at 5 to 6 inches. Thomas Jefferson enjoyed this heirloom in his Monticello garden.

**UNIQUE,
NEARLY
WHITE PODS**



3 'BOWLING RED'

A striking 8-foot plant with red-veined leaves and slender, long, red pods. Virginia heirloom.

4 'GOLD COAST'

Sweet, mild, spineless, light green pods up to 6 inches long. Well-branched plants tolerate heat and drought.



5 'SILVER QUEEN'

Elegant, ghostly white pods with a tinge of green. Slender pods are best harvested under 5 inches.



NexGard®
(afoxolaner) Chewables

CAUTION: Federal (USA) law restricts this drug to use by or on the order of a licensed veterinarian.

Description:

NexGard® (afoxolaner) is available in four sizes of beef-flavored, soft chewables for oral administration to dogs and puppies according to their weight. Each chewable is formulated to provide a minimum afoxolaner dosage of 1.14 mg/lb (2.5 mg/kg). Afoxolaner has the chemical composition 1-Naphthalenecarboxamide, 4-[5-[3-chloro-5-(trifluoromethyl)-phenyl]-4, 5-dihydro-5-(trifluoromethyl)-3-isoxazolyl]-N-[2-amino-2-[2,2,2-trifluoroethyl]amino]ethyl.

Indications:

NexGard kills adult fleas and is indicated for the treatment and prevention of flea infestations (*Ctenocephalides felis*), and the treatment and control of Black-legged tick (*Ixodes scapularis*), American Dog tick (*Dermacentor variabilis*), Lone Star tick (*Amblyomma americanum*) and Brown dog tick (*Rhipicephalus sanguineus*) infestations in dogs and puppies 6 weeks of age and older, weighing 4 pounds of body weight or greater, for one month.

Dosage and Administration:

NexGard is given orally once a month, at the minimum dosage of 1.14 mg/lb (2.5 mg/kg).

Dosing Schedule:

Body Weight	Afoxolaner Per Chewable (mg)	Chewables Administered
4.0 to 10.0 lbs.	11.3	One
10.1 to 24.0 lbs.	28.3	One
24.1 to 60.0 lbs.	68	One
60.1 to 121.0 lbs.	136	One
Over 121.0 lbs.	Administer the appropriate combination of chewables	

NexGard can be administered with or without food. Care should be taken that the dog consumes the complete dose, and treated animals should be observed for a few minutes to ensure that part of the dose is not lost or refused. If it is suspected that any of the dose has been lost or if vomiting occurs within two hours of administration, redose with another full dose. If a dose is missed, administer NexGard and resume a monthly dosing schedule.

Flea Treatment and Prevention:

Treatment with NexGard may begin at any time of the year. In areas where fleas are common year-round, monthly treatment with NexGard should continue the entire year without interruption.

To minimize the likelihood of flea reinfestation, it is important to treat all animals within a household with an approved flea control product.

Tick Treatment and Control:

Treatment with NexGard may begin at any time of the year (see Effectiveness).

Contraindications:

There are no known contraindications for the use of NexGard.

Warnings:

Not for use in humans. Keep this and all drugs out of the reach of children. In case of accidental ingestion, contact a physician immediately.

Precautions:

The safe use of NexGard in breeding, pregnant or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures (see Adverse Reactions).

Adverse Reactions:

In a well-controlled US field study, which included a total of 333 households and 615 treated dogs (415 administered afoxolaner; 200 administered active control), no serious adverse reactions were observed with NexGard.

Over the 90-day study period, all observations of potential adverse reactions were recorded. The most frequent reactions reported at an incidence of >1% within any of the three months of observations are presented in the following table. The most frequently reported adverse reaction was vomiting. The occurrence of vomiting was generally self-limiting and of short duration and tended to decrease with subsequent doses in both groups. Five treated dogs experienced anorexia during the study, and two of those dogs experienced anorexia with the first dose but not subsequent doses.

Table 1: Dogs With Adverse Reactions.

	Treatment Group			
	Afoxolaner		Oral active control	
	N ¹	% (n=415)	N ²	% (n=200)
Vomiting (with and without blood)	17	4.1	25	12.5
Dry/Flaky Skin	13	3.1	2	1.0
Diarrhea (with and without blood)	13	3.1	7	3.5
Lethargy	7	1.7	4	2.0
Anorexia	5	1.2	9	4.5

¹Number of dogs in the afoxolaner treatment group with the identified abnormality.

²Number of dogs in the control group with the identified abnormality.

In the US field study, one dog with a history of seizures experienced a seizure on the same day after receiving the first dose and on the same day after receiving the second dose of NexGard. This dog experienced a third seizure one week after receiving the third dose. The dog remained enrolled and completed the study. Another dog with a history of seizures had a seizure 19 days after the third dose of NexGard. The dog remained enrolled and completed the study. A third dog with a history of seizures received NexGard and experienced no seizures throughout the study.

To report suspected adverse events, for technical assistance or to obtain a copy of the MSDS, contact Merial at 1-888-637-4251 or www.merial.com/nexgard. For additional information about adverse drug experience reporting for animal drugs, contact FDA at 1-888-FDA-VETS or online at <http://www.fda.gov/AnimalVeterinary/SafetyHealth>.

Modes of Action:

Afoxolaner is a member of the isoxazoline family, shown to bind at a binding site to inhibit insect and acarine ligand-gated chloride channels, in particular those gated by the neurotransmitter gamma-aminobutyric acid (GABA), thereby blocking pre- and post-synaptic transfer of chloride ions across cell membranes. Prolonged afoxolaner-induced hyperexcitation results in uncontrolled activity of the central nervous system and death of insects and acarines. The selective toxicity of afoxolaner between insects and acarines and mammals may be inferred by the differential sensitivity of the insects and acarines' GABA receptors versus mammalian GABA receptors.

Effectiveness:

In a well-controlled laboratory study, NexGard began to kill fleas four hours after initial administration and demonstrated >95% effectiveness at eight hours. In a separate well-controlled laboratory study, NexGard demonstrated 100% effectiveness against adult fleas 24 hours post-infestation for 35 days, and was >95% effective at 12 hours post-infestation through Day 21, and on Day 35. On Day 28, NexGard was 81.1% effective 12 hours post-infestation. Dogs in both the treated and control groups that were infested with fleas on Day -1 generated flea eggs at 12- and 24-hours post-treatment (0-11 eggs and 1-17 eggs in the NexGard treated dogs, and 4-30 eggs and 0-118 eggs in the control dogs, at 12- and 24-hours, respectively). At subsequent evaluations post-infestation, fleas from dogs in the treated group were essentially unable to produce any eggs (0-11 eggs) while fleas from dogs in the control group continued to produce eggs (1-141 eggs).

In a 90-day US field study conducted in households with existing flea infestations of varying severity, the effectiveness of NexGard against fleas on the Day 30, 60 and 90 visits compared with baseline was 98.0%, 99.7%, and 99.9%, respectively.

Collectively, the data from the three studies (two laboratory and one field) demonstrate that NexGard kills fleas before they can lay eggs, thus preventing subsequent flea infestations after the start of treatment of existing flea infestations.

In well-controlled laboratory studies, NexGard demonstrated >97% effectiveness against *Dermacentor variabilis*, >94% effectiveness against *Ixodes scapularis*, and >93% effectiveness against *Rhipicephalus sanguineus*, 48 hours post-infestation for 30 days. At 72 hours post-infestation, NexGard demonstrated >97% effectiveness against *Amblyomma americanum* for 30 days.

Animal Safety:

In a margin of safety study, NexGard was administered orally to 8- to 9-week-old Beagle puppies at 1, 3, and 5 times the maximum exposure dose (6.3 mg/kg) for three treatments every 28 days, followed by three treatments every 14 days, for a total of six treatments. Dogs in the control group were sham-dosed. There were no clinically-relevant effects related to treatment on physical examination, body weight, food consumption, clinical pathology (hematology, clinical chemistry, or coagulation tests), gross pathology, histopathology or organ weights. Vomiting occurred throughout the study with a similar incidence in the treated and control groups, including one dog in the 5x group that vomited 14 hours after treatment.

In a well-controlled field study, NexGard was used concomitantly with other medications, such as vaccines, anthelmintics, antibiotics (including topicals), steroids, NSAIDs, anesthetics, and antihistamines. No adverse reactions were observed from the concomitant use of NexGard with other medications.

Storage Information:

Store at or below 30°C (86°F) with excursions permitted up to 40°C (104°F).

How Supplied:

NexGard is available in four sizes of beef-flavored soft chewables: 11.3, 28.3, 68 or 136 mg afoxolaner.

Each chewable size is available in color-coded packages of 1, 3 or 6 beef-flavored chewables.

NADA 141-406, Approved by FDA

Marketed by: Frontline Vet Labs™, a Division of Merial, Inc.

Duluth, GA 30096-4640 USA

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1050-4493-03

Rev. 1/2015

FRONTLINE VET LABS

Chew on this fleas & ticks



***NexGuard® from the makers of FRONTLINE® Plus.
The only soft, beef-flavored chew for dogs that kills
both fleas and ticks.***

And it keeps killing for a full 30 days. Fleas and ticks hate it.
Vets recommend it.¹ And dogs, well, they're begging for it.²

For more information, ask your vet or visit NexGuardForDogs.com.

IMPORTANT SAFETY INFORMATION

NexGuard is for use in dogs only. The most frequently reported adverse reactions include vomiting, dry/flaky skin, diarrhea, lethargy, and lack of appetite. The safe use of NexGuard in pregnant, breeding or lactating dogs has not been evaluated. Use with caution in dogs with a history of seizures.

1. Data on file at Merial.

2. Data on file at Merial.

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THE GRUMPY GARDENER

OUR GARDEN EXPERT ALLEVIATES YOUR GROWING PAINS



WHAT'S IRKING OUR READERS THIS MONTH:

Flaming lilacs, lazy roses, exploding melons, and ugly rotten tomatoes

LILAC LOVE

Q I live in Mississippi but spent five years in Minnesota. While there, I fell in love with the intoxicating scent of lilacs. What kinds would tolerate my Zone 8 (Lower South) climate? —EADIE

A Most Southerners would have to be pretty intoxicated to plant lilacs. These Northern favorites like long, cold winters. When they don't get them, they burn up and don't bloom. The Middle South (USDA Zone 7) is the

Southern limit for fragrant old favorites like 'President Lincoln' (Wedgwood blue) and 'Charles Joly' (double, purplish red). However, the following heat-tolerant lilacs extend that range into the Lower and Coastal South

(USDA Zones 8 and 9): 'White Angel,' 'Bloomerang' (light purple or reddish purple flowers), 'Blue Skies,' 'Blue Boy,' and 'Lavender Lady.'

KNOCKED-OUT ROSES

Q I've watered and fertilized my roses, but they give only one or two blossoms at a time. They actually bloom better during our Houston winter. Can you tell me what is wrong with them? —GARRY

A You probably have hybrid tea roses. These

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"That's some smoking-hot lilac you've got there!"

popular plants often go nearly dormant during the peak heat of summer, and flower production declines. But if you keep watering and fertilizing them, the

flowering should increase this fall. And cheer up—most people (especially those poor souls who live in Minnesota) would love to see roses in winter.

POP GOES THE MELON

FIX BLOSSOM-END ROT



This is a common affliction of tomatoes, peppers, squash, and eggplants that appears as a blackish, rotten spot on the end of the fruit opposite the stem. It results when soggy or overly acid soil prevents the plant's roots from absorbing enough calcium to build cell walls. To prevent it, apply a half cup of lime around the base of the plant and water it in. Then mulch around the base to help excess water drain.

Q This is our first year to grow watermelons. The plants are thriving and producing lots of melons, but now they're starting to rot on the bottom and burst open. It's very hot, so I water twice a day. Is this the cause?

—BARBARA

A Exactamundo! When it's really hot and you douse a melon plant with water, it absorbs the water too quickly. The melons swell up and burst. The rot is likely caused by melons sitting on wet ground. You can solve both problems by spreading 2 inches of pine straw under the plants and fruit to keep the fruit clean and even out soil moisture. Water only in mornings. ☀



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GARDENING

GROW GUIDE

THE SOUTHERN GARDENER'S ALMANAC

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- Middle South
USDA ZONE 7
- Lower South
USDA ZONE 8
- Coastal South
USDA ZONE 9
- Tropical South
USDA ZONE 10

need frequent watering during sky-high summer temperatures. Missing a single day could be curtains. So what if you're off to the beach for a few days and your potted hibiscus won't fit in your Porsche? Water it just before you leave, and then take it indoors to a cool room with indirect light. (A garage will work.) It'll look just fine upon your return.

COMPOST KITCHEN WASTE

Don't throw peelings and old veggies out with the garbage and ultimately into the landfill. Instead, compost them to turn them into fertile garden soil. You can compost almost any kitchen waste except bones, meat, and dairy products. Try a barrel composter to decompose coffee grounds and filters, veggie and fruit waste, eggshells, old bread, pasta, and even top-secret shredded documents.

CHECKLIST FOR JULY

SUMMER LAWN CARE

Fertilize most warm-season grasses (Bermuda, zoysia, and St. Augustine) for the second time this year if you haven't done so already. Don't feed your cool-season grasses (Kentucky bluegrass and tall fescue) until fall. Raise your mowing height for all grasses to at least 2 inches. Kentucky bluegrass, tall fescue, and St. Augustine will do better if cut at 3 inches. Don't throw away your clippings. Use a mulching mower to return chopped-up clippings and their nutrients to the lawn.

WATER YOUR POTS!

Plants in containers

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Handcrafted willow tuteurs create vertical accents for vines to climb. Consider planting yellow Carolina jessamine, clematis, morning glory, mandevilla, or trumpet honeysuckle. From \$19.95; crateandbarrel.com





PLANT OF THE MONTH

'LIMELIGHT' HYDRANGEA

HERE'S A HOT PLANT
FOR A TRULY HOT MONTH

Tired of wimpy hydrangeas that wilt like a salad every day from now until September? Get thee to a garden center to pick up the best hydrangea to come out in years—called 'Limelight.' Growing at a moderate pace to 6 to 10 feet tall, it thrives in full sun, tolerates heat and drought, and blooms for months in summer. Showy flower clusters, 6 to 8 inches long, stand atop the foliage. They're lime green at first, brighten to pure white, and finally age to rose. 'Little Lime' is a compact version that grows 3 to 5 feet tall with the same size flowers. You can buy either in containers. Prune in late winter or early spring. 🌱

by STEVE BENDER ~ illustration by JOHN BURGOYNE

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YOUR LOCAL'S GUIDE TO ALL POINTS SOUTH



Oh, Chattanooga!

Beloved by outdoorsy types, Chattanooga is drawing attention for its budding food scene, progressive green efforts, and welcoming community along the Tennessee River



The Southern Belle riverboat offers sightseeing cruises every day at sunset.



The mussels are a star attraction at Alleia in North Shore.

A

late sixties, Chattanooga was named the most polluted city in the nation, but these days, it's the town's sustainability efforts that are garnering attention.

There is a playful energy that runs throughout the city, a result of impassioned locals who are advocates for the town and take full advantage of everything the Nooga has to offer. On a Saturday afternoon, the riverfront Coolidge Park is filled with picnics and lawn games; there's a steady stream of traffic flowing into the Tennessee Aquarium; and patrons bobble in and out of independent boutiques along Frazier Avenue. And the best part about planning a trip here? It doesn't have to be a huge expense. With its proximity to Atlanta, Nashville, Birmingham, and Asheville, it's easily within a day's drive of millions of Southerners. And with a slew of lodging and dining options in all price ranges, a Chattanooga vacation is enjoyable for all types.

ask anyone who's ever lived in Chattanooga and they'll agree: To know the town is to love it. There are mountains for hiking, climbing, and biking not far from the city center. You'll find one of the South's most progressive downtown developments lining both sides of the Tennessee River with museums, local restaurants, and communal greenspaces. And this town is home to some of the most laid-back folks around. (Must be all that fresh air.) In the



Alleia's sleek setting is perfect for a date or girls' night out.

Eat

Alleia

With its dimly lit dining room, vine-covered patio, and comprehensive wine list (60 bottles), this upscale Italian restaurant run by chef Daniel Lindley attracts the date-night crowd. The mussels are a must (ask for extra bread to dip in the garlicky sauce), as are the handmade pastas and Neapolitan-style pizzas. The Benton's Prosciutto pizza is another one of our favorites. alleia-restaurant.com

Aretha Franksteins

The Sunday-morning wait at Aretha Franksteins is almost as legendary as its buttery, inch-thick pancakes. Seating is limited, but the food is

so good that most don't mind the wait. If you're a pancake person, go for a stack (the pancake mix is also available for purchase), or load up with a big shrimp-and-cheese omelette. arethas.com

The Farmer's Daughter

"My wife really is a farmer's daughter," says Mike Mayo, who, along with his wife, Ann Keener, runs this former gas station-turned-cafe (breakfast and lunch). On the menu, you'll recognize Southern classics like chicken salad and grits, but ingredients change based on what is seasonally available. "We want to do this right or not at all. When I sell you a tomato, I want it to be the best tomato possible," Mayo says. thefarmersdaughter-chattanooga.com



In addition to drinks, Clyde's also serves great bar grub like fried chicken.



Neon signs and table tennis give Clyde's a retro feel.

Tremont Tavern

A sign above the door reads, "Enter as strangers, leave as friends," and that's easy to do at Tremont. Once a beer-only hole-in-the-wall, the 45-seat neighborhood pub is set to double in space next year, thanks to its honored burger (47,000 hand-made patties were sold last year) and more than 120 brews. tremonttavern.com

sandwich, but what really got us is the 13-page drink menu, broken up in easy-to-digest categories: Tennessee craft beers, fancy dinner drinks, sweet whites, and so on. Every day from 3 to 6 p.m., Beast + Barrel hosts a happy hour with beers, wines, cocktails, and bar snacks for \$3 to \$6. beastandbarrel.com

Brash Coffee

Before opening his Warehouse Row cafe, shop owner Matt Ludwowski spent years forging relationships with small-town farmers in El Salvador, Ecuador, and Panama—friends whom he now turns to for coffee beans. The result is farm-to-cup coffee in the truest sense. brashcoffee.com

Chattanooga Brewing Company

Having opened in 2010 as a tribute to the city's prominent pre-Prohibition brewery of the same name, Chattanooga Brewing moved to a 7,500-square-foot space across from Finley Stadium last year. The beers are mostly German in style, mirroring the

original brews served by the founders in the 1890s. Take a brewery tour on Saturday and Sunday afternoons for \$6—it includes a fresh pint and a souvenir glass. chattabrew.com

Clyde's on Main

The latest venture from the team behind Taco Mamacita, Community Pie, and Milk & Honey is a laid-back neighborhood joint housed in the former auto-glass shop it's named for. Although the drinks are made using fresh juices and top-shelf spirits, Clyde's doesn't bill itself as a craft-cocktail spot. The menu is mostly bargain beers, plus

Drink

Beast + Barrel

Patrons rave about the Cheesesteak Wit Wit and The Big Katz

ASK A
LOCAL

Where's the best place to shop local?

Matt Ludwowski, owner of the shop Brash Coffee:

"The **Chattanooga Market** is one of the biggest in the region with produce, jams, candles, and other local goods. It also has food trucks and live music, which make for a great Sunday afternoon." (Open Sunday and, in summer, Wednesday too.)





ABOVE: Yves Delorme in Warehouse Row sells luxe bed linens from France.

cool sippers like the Gin & Juice with fresh cucumber juice and Chartreuse. “Now that people are coming back to the area, we wanted a neighborhood gathering spot,” says co-owner Taylor Monen. “Nothing fancy—just good drinks and a fun vibe.” 423/362-8335

Easy Bistro & Bar

Inspired by his Louisiana roots, chef Erik Niel opened Easy Bistro & Bar downtown in 2005, years ahead of the area’s retail and food boom. In addition to killer steak frites and crawfish dip, the Broad Street staple is equally known for its bar. There are 60 offerings on the cocktail menu—a mix of classics and the bartenders’ inspired creations—and a tight wine list with a focus on small producers. Stop by on Thursdays during happy hour for oysters on the half shell for 50 cents. easybistro.com

Shop

Knitting Mill Antiques

Housed in a former textile factory, Knitting Mill hosts more than 100 vendors selling everything from colorful 1950s desks to Brownie Junior cameras to 1930s apothecary cabinets. Not only will you love the thrill of the hunt, but Knitting Mill Antiques has great prices to boot. knittingmillantiques.com

Rhinoceros Boutique

Paris expat Nathalie Welch brings her

French-girl cool vibe to the rugged city, with labels such as Generation Love, DOMA, and Ash. Shop for high-quality basics like black cotton tees, slim-cut denim, and drapery blazers as well as whistle necklaces by BLO Vintage from Atlanta. shopatrhino.com

Warehouse Row

Chattanooga hasn’t been known for

its shopping, but Warehouse Row, a retail hub in an early 1900s railroad warehouse, is changing that. Last year, major retailers J.Crew and Anthropologie moved in, raising the market’s fashion profile. But local and regional stores are the focus at this institution, with retailers like home store REVIVAL, preppy menswear purveyor Onward Reserve,

and mommy-and-me label Kayce Hughes. warehouserow.net

Do

High Point Climbing and Fitness

This place is a climber’s paradise, but we average Joes love it too. With 30,000 square feet of climbing and bouldering walls, there are tracks for first-timers, nationally ranked pros, and even kids, as well as an adjoining outdoor outfitter and coffee shop. Make like Spider-Man and take a turn on High Point’s

Not only will you love the thrill of the hunt, but Knitting Mill Antiques has great prices to boot.

Warehouse Row is a shopping hub with chic boutiques and restaurants.





ABOVE: Max Poppel and Dan Rose opened The Crash Pad in 2011.

outdoor walls, which soar 60 feet above Broad Street. *highpointclimbing.com*

The Riverfront

The main reason locals say they love Chattanooga? The spiffed-up downtown that's been groomed with parks, a carousel, splash parks, and walking paths along the Tennessee River. The Walnut Street Bridge, a 2,376-foot-long pedestrian bridge, is a prime venue for events. For the Fourth of July, the city hosts a magnificent fireworks display from the bridge, preceded by live music from the Chattanooga Symphony & Opera Orchestra. *chattanoogaafun.com*

Rock City

Topping the list of kitschy, Southern attractions is Rock City. From the 1930s to the 1960s, developer Clark Byers painted 900



High Point's outdoor area has walls for pros and newbies.

barns across the region with the now famous "See Rock City" logo to promote his garden atop Lookout Mountain. Some still remain and attract curious road trippers in droves. Meander through 1,400 feet of trails dotted with German gnomes and other

tchotchkes, walk across a swing-along bridge, and stop for a photo op at Lover's Leap, where it's said you can see seven states. *seerockcity.com*

Hunter Museum of American Art

With one of the largest permanent collections in the country (over

6,000 works rotate throughout the year), the Hunter Museum has been a catalyst in downtown's ascension. The museum brings in coveted exhibitions, like the exquisite "Monet and American Impression-

ism" show going on now (until September 20). *huntermuseum.org*

Stay

Bluff View Inn

Housed in three early 1900s homes in the Bluff View Art District, this cozy bed-and-breakfast has all you want from a luxury inn without the hefty price tag: porches with rocking chairs, 17 rooms appointed with antique furniture, and a serene garden with river views. Rates from \$109; *bluffviewinn.com*

The Crash Pad

Let's get this out of the way: The Crash Pad is a hostel, but the LEED-certified North Shore stay is nothing like the bunkers you recall from your college travels. The Pad is squeaky-clean and green, with thoughtful amenities, like a kitchen stocked daily with breakfast essentials. Those who aren't ready to share sleeping quarters can opt for private rooms, but most like the communal aspect. "My 65-year-old mother loves staying here," says staffer Bethyn Merrick-Nguyen. "She comes out in her robe with coffee in the morning and talks to everyone." Rates from \$29; *crashpadchattanooga.com*

ASK A LOCAL

What's the best comeback neighborhood?

Taylor Monen, owner of Clyde's on Main: "North Shore has changed a lot in the last decade. There are still icons like the Chattanooga Choo Choo Historic Hotel, but now there are also cool new spots like my favorite music venue, Track 29, and local butcher Main Street Meats."



The Slow Road to Memphis

Take in good tunes, great eats, and other Southern charms on this drive from Tupelo, Mississippi, to the Bluff City



Beale Street, a kaleidoscope of colors in Memphis

Begin in Tupelo

Sitting unassumingly in a strip mall, **The Neon Pig** (neonpig.net) serves what may be the best burger in Mississippi. Owner Mitch McCamey worked in kitchens around the country before returning to his roots to open the Pig, which doubles as a butcher shop. There, he breaks down whole animals, which he says “no one does anymore.” His dedication to his craft shines with the Pig’s Smash Burger, a juicy, tender mix of aged filet, rib eye, New York strip, sirloin, and Benton’s bacon.

A few miles away, the three-building **Reed’s Department Store** (reedsms.com) anchors Main Street. This family business, which opened as a dry goods store 110 years ago, trades in iconic clothing, footwear, and home decor. The in-store bookshop, one of the first to showcase John Grisham, hosts frequent book signings by Mississippi authors.

A visit to Tupelo wouldn’t be complete without walking in the footsteps of its famous native son. At the **Elvis Presley Birthplace and Museum** (elvispresleybirthplace.com), a historic landmark, you can explore the two-room home where Elvis was born, as well as the neighboring Assembly of God church where he first heard gospel music.

If you swing by **Tupelo Hardware** (tupelohardware.com), you can stand in the exact spot—it’s marked with duct tape—where the

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Sun Studio in Memphis displays a photo of the "Million Dollar Quartet."

then-11-year-old King purchased his first guitar. His mother persuaded him to choose the six-stringer instead of the .22 rifle he went there to buy. Long live rock 'n' roll!

Tupelo to Oxford 54 MILES

Take U.S. 278 to Oxford, and watch the sun set on the historic town square from the balcony of the Southern-literature-centric **Square Books** (squarebooks.com). Get a staff rec for your next read. And they know books: Each job applicant takes a lit test.

Grab a beer at **The Growler** (thegrowleroxford.com), where an electronic menu lists everything on tap, along with each beer's vitals (alcohol content, town of origin). You can settle into one of the

leather chairs with a pint (choose from 30 taps) or buy a full growler to go.

For dinner, return to the square to eat at chef John Currence's **City Grocery** (citygroceryonline.com). It's an old standby, sure, but sit on the balcony and dine on classic shrimp and grits for a true Southern experience.

Close the evening rocking in one of the chairs on the porch of the white-columned **5 Twelve Bed and Breakfast** (the5twelve.com; from \$140). The restored 1905 six-room home features claw-foot tubs and hardwood floors.

The next day, visit **Rowan Oak**, the estate William Faulkner bought in 1930,



ABOVE: A Creole feast in Memphis at Kelly English's The Second Line

restored, and lived in for more than 30 years. Novelist Walker Percy once visited this very house to meet the prolific writer, only to lose his nerve and remain in the car while his friend Shelby Foote chatted with the literary icon on the porch. The house, which sits on 33 acres, is now a museum where Faulkner's living space is carefully preserved.

For lunch in Oxford, head down the alleyway next to The Lyric Oxford and look for a window cut into the brick to find **Oxford Canteen** (oxfordcanteen.com), which serves hearty, farm-fresh bites. It closes at 3 p.m., so arrive at least an hour earlier.

Oxford to Memphis 99.2 MILES

Avoid I-55, and drive along State 30 East to State 349 North through **Holly Springs National Forest**, where you'll take in beautiful views of



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TRAVEL + CULTURE

SCENIC ROUTE



Square Books,
Oxford's HQ for
Southern lit



ABOVE: Richard and Lisa Howorth, owners of Square Books, which has been open since 1979

wild magnolias, lakes, rivers, and manically growing kudzu. Finally, take State 178 West, and watch the forest fade into the industrial city.

Check into the rock 'n' roll-focused, 110-room **Madison Hotel** (madisonhotelmemois.com). Black-and-white photos of Memphis musicians decorate the hallways, and album covers paper the elevator. For the best view in town, visit the **Twilight Sky Terrace** bar on the top floor.

For dinner, trust chef Kelly English, who has brought his Louisiana heritage to Tennessee at **The Second Line** (secondlinememphis.com). Order the soul-soothing fries piled high with andouille, crawfish, and pimiento cheese.

It's no secret that this town is famous for its

musical heritage. Rock 'n' roll was (arguably) born here at **Sun Studio** (sunstudio.com) in March 1951 with "Rocket 88" by Jackie Brenston and his Delta Cats. On one of the studio's daily tours, take a photo at the Shure 55 microphone where Elvis recorded.

Continue your sonic education at **Stax Museum of American Soul Music** (staxmuseum.com)—the former Southern counterpart to Motown—where the likes of Otis Redding recorded. The tour has all the video, audio, and memorabilia (including Isaac Hayes' Cadillac Eldorado) a music fan can handle.

Retreat underground for lunch: dry-rub pork ribs from **Charlie Vergos' Rendezvous** (hogsfly.com). Made since 1948, the

ribs are a Memphis staple. They're grilled over charcoal and come sans sauce, leaving a brittle crust that seals in moisture and flavor. Put some Stax tunes on the jukebox and, as you make your way through a full rack, look around to check out the new Grizzlies jerseys and old street signs. In this small corner of the Southern U.S., past and present mingle just as harmoniously as rock and soul. 🎵

FROM TOP: STEPHEN DEVRIES; MAUDE CLAY



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In the Limelight

Houndmouth (from left, Katie Toupin, Matt Myers, Shane Cody, and Zak Appleby) tours 10 months a year. Currently, they're promoting their latest album, *Little Neon Limelight*.

A New Sound in the South

*It's time you got to know
Houndmouth, the breakout band
that's dominating Southern airwaves*

SOUTHERN is as much a state of mind as it is geography. And for the four members of the band **Houndmouth**, that's certainly true. They all grew up in the same small town of New Albany, Indiana, just across the Ohio River from Louisville, Kentucky—spitting distance, if the wind blows right.

To be fair, any Southerner would be hard-pressed to claim Indiana. But as Shane Cody, the band's drummer, puts it, "We're the last Southerners. You go 10 minutes north and the accents change."



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When you talk to them, there's no denying their Southern soul. From their drawls to their work ethic to their deep-seated love affair with bourbon and biscuits, this foursome richly embodies the land of Daniel Boone and Wendell Berry. They take that spirit with them as they tour a whopping 10 months a year, tackling their schedule like one big roving family, drawing on relationships that go back to their teenage years.

Cody got his musical start at age 12 playing drums in the room above his parents' garage. "A friend of mine and I played 'Lean on Me' in the school talent show. It was pretty horrible," he says, laughing. And though he'd known guitarist Matt Myers in high school, it wasn't until Myers reached out through Facebook in 2012 that the two got

were signed to Rough Trade Records after label owner Geoff Travis saw them play a single gig in Austin, Texas. But their success has been hard-earned. "In the book *Outliers*, [Malcolm] Gladwell talks about putting in your 10,000 hours. We've definitely put in ours," says Myers.

This dedication to their craft and a let's-just-make-music attitude keep the live show a joyful experience, so full of harmonies and country licks that they are often compared to The Band. It also keeps them on speaking terms after monthlong stints in a no-frills passenger van. "We live by the call sheet," says Cody, referring to the daily hour-by-hour schedule that indicates when to eat and perform, even what town they are in.

Because road life is so regimented, they look for small pleasures. They opt for local spots, such as Hattie B's Hot Chicken in Nashville, over chains. Or when they lack area intel, they hit the buffet at Whole Foods or find a Cracker Barrel. (Toupin, a vegetarian, makes exceptions for biscuits with sausage gravy.) Their manager routinely tacks surprises onto their tour rider. Backstage, in addition to snacks

(chips and salsa, bottled water), they might find: "One CD of any band recorded in the seventies, one or two vintage T-shirts (no preference in size or graphics), and an original handwritten poem (preferably raunchy)."

"We always heard of bands requesting green M&M'S and thought they were just being difficult," says Myers. "But we've found that if a venue pays attention to the rider, then the mikes are probably plugged in properly."

That said, these four kids from the outskirts of Louisville do keep one backstage constant: a bottle of Bulleit bourbon. Cody takes his on the rocks. Toupin likes her whiskey "to taste like Coke." Okay, they may not agree on how to drink whiskey. But, for a Southern band, that's one piece of disharmony we're fine with. 🍷

"In the book *Outliers*, [Malcolm] Gladwell talks about putting in your 10,000 hours. We've definitely put in ours."

together to collaborate. Myers, an obsessive sort of person—the kind who starts a new project and immerses himself entirely until he masters it (guitar, photography, chess, his grandmother's fried chicken)—connected the group. He and bassist Zak Appleby, best friends for nearly a decade, used to put on a show of their Motown moves at Appleby's parents' bar, the Brick House. Keyboardist Katie Toupin performed with Myers on the event circuit—wineries, private parties. "We played the worst gigs. Four-hour sets. One cover song after another," she says.

To outsiders, it may seem as if Houndmouth has risen meteorically, jumping from living room jam sessions in 2012 to headlining tours, major festivals (SXSW, Bonnaroo), and appearances on the late-night talk show circuit (Letterman, Conan) in 2015. In fact, they

HOUMDMOUTH ON TOUR Highlights from the Road

Matt Myers

GUITAR, VOCALS

"Our good friend Rick Cotten introduced us to **Husk** (huskrestaurant.com) in Charleston, South Carolina. If you haven't heard of it, then get your Southern-food-eating [tail] in gear. Eat, drink, and be merry. We did."



Katie Toupin

KEYBOARD,
VOCALS

"I love my [Louisville] store, **Bermuda**

Highway (bermudahighwayboutique.com)! We sell records as well as men's and women's clothing, and every month we feature an artist—such as Dr. Dog, Ben Sollee, or Willie Watson—who curates a section of the store."

Zak Appleby

BASS, VOCALS

"**The Local Taco** (thelocaltaco.com) in Nashville has become a staple every time we venture south of the Kentucky border. If you don't get some of their 'bang-bang' sauce, shame on ya!"



Shane Cody

DRUMS, VOCALS

"I enjoyed doing a session at Memphis' **Sun Studio** (sunstudio.com). Using original microphones, I really felt the historical presence of

the greats who recorded there in the past."

Jason Gwin

TOUR MANAGER

"I'm a huge pinball fan, so stopping at **Pinballz Arcade** (pinballzarcade.com) in Austin, Texas, is always a blast! It has over 200 machines and is the best way for a tour manager to relax on a rare day off."

Find concert dates for their Little Neon Limelight tour at houndmouth.com.

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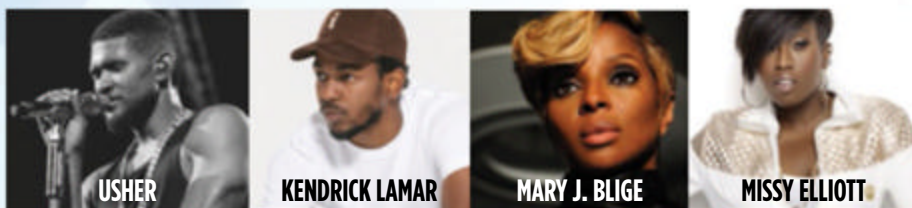
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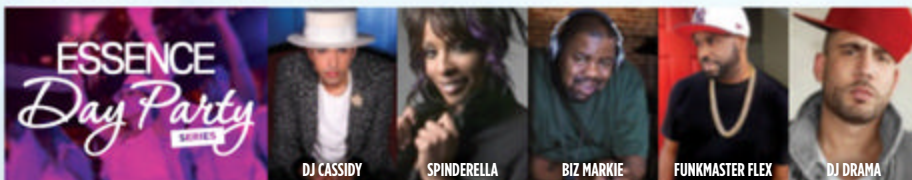
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A tire swing and rustic benches are hallmarks of Caroline Verschoor's loose and lovely entertaining style.



The Things That Matter

Dogs, kids, and even goats are welcome at Caroline Verschoor's Virginia farmhouse whenever she throws a party. For her, it's not about making everything perfect; it's about living in the moment with her family and friends

BY LIESL SCHILLINGER

PHOTOGRAPHS BY PATRICIA LYONS

STYLING BY BUFFY HARGETT MILLER
AND ELLY POSTON



All manner of textures—from slate and ironstone to bentwood and rattan—add interest to the neutral table set by Caroline Verschoor (shown above).

When Caroline Verschoor throws a party

at her farmhouse in Hamilton, Virginia, you can be sure of several things: There will be cloth napkins (“I’m not big on throwing things away,” she explains), abundant food (“Lots of soups—I love soups,” she says), and a mood of relaxed improvisation. You might catch Verschoor walking out of her dairy barn—which she uses as a stockroom for her antiques business—carrying an armload of jam jars to use as lanterns, or you might bump into a young goat frisking among the tabletop flower arrangements. “It’s good for people to interact with animals!” she says. And above all, there will “definitely, always be children.” At a casual summer picnic, Verschoor delights guests at the kids’ table by seating them on tree stumps. “Are these like, really old?” asks one little girl, impressed. Verschoor laughs and says, “A tree on our property had to be cut down, and I realized they would make perfect seats for the kids.” A tire swing hangs from a sturdy red oak that stands near her front porch; her teenage daughters lean in to give a push to any kid who needs some loft.

This bucolic setting where Verschoor lives with her Texas-born husband, Jon-Paul Saunier, and their daughters, Sofie and Gwenael, was not always her natural milieu. In the nineties, she and her husband held high-powered jobs in Washington, D.C.; lived in a loft in an up-and-coming neighborhood; and threw crowded parties for young, urban professionals like themselves. But after their first child, Ewan, was born in 1995, Verschoor found herself missing the rustic tranquility of her native Holland. “On weekends, we would drive out to the country



Glass jars, candles, and an umbrella stand transform a sculptural branch into a showstopping centerpiece. **BELOW:** Simple galvanized metal pots with baby lettuces do double duty, serving as place cards and party favors.





The coolest kids' table ever uses tree stumps as fairy tale-like seating. **BELOW:** Verschoor tucks dish labels into a pitcher filled with summer flowers. **ABOVE RIGHT:** Paper pinwheels add whimsy to the kids' table—and give children something to play with before dinner.



She delights guests at the kids' table by seating them on tree stumps. "Are these like, really old?" asks one little girl, impressed.

to look for antiques," she says. She remembers falling in love with the Northern Virginia landscape. "I could envision our children growing up here."

Soon, Verschoor and her husband began plotting a move to rural Virginia. The young mother read her son a storybook about American country life that captivated him. "In his room, he had a red barn that we'd picked up at an antiques store," she remembers. "We still have it." Before their second child, Sofie, was born, the family made their move, planning to lead a commuting lifestyle with one foot in the country, one in the city. But then, Ewan, barely 3, was diagnosed with brain cancer. He died just 10 months later, on September 19, 1999.

"It was devastating. There's no other way to put it," Verschoor says. "He was ill for less than a year, from diagnosis to passing away. Everything was changed for us." While mourning Ewan and caring for the new baby, Verschoor comforted herself by visiting antiques malls in Northern Virginia. "I threw all my energy into it," she says. The following May, she started selling her finds, and quickly found a loyal audience. She formed a business, Ekster Antiques—named for Ewan, combining his initials, EKS, with the Dutch word for star, *ster*. The word *ekster* also means "magpie" in Dutch. That's "the bird that looks for shiny things and decorates its nest," Verschoor explains.

Through the solace of antiquing, she created a thriving business and a beautiful, cozy nest for her growing family, even as they continued to grieve the loss of Ewan. "I always look for the silver lining," she says. Ladybugs, Ewan's favorite insect, occasionally pop up

This pretty tableau allows guests to serve themselves while keeping clutter off the dining table. Indoor pieces like this wooden sideboard bring polish to an outdoor buffet.



Informal touches,
like this basketful of
old-fashioned butterfly
nets, help put guests
at ease.





She sets a beautiful table without a lot of fuss, gathering wildflowers from the meadow and plucking dishware and decor from her antiques barn.

around their farm where a big, Center Hall Colonial house sits on 10 acres next to an 8,000-square-foot dairy barn, a stream, and a pond. And when they do see ladybugs, Verschoor and Saunier tell their daughters, “Your brother is sending you a message.” Little moments like that help keep his memory alive and positive. “You do move on, but it just takes time,” Verschoor explains. Over the years, their life in Virginia has bloomed. She hosts easygoing dinners once a month or more, sometimes on the front lawn, sometimes on the back deck, sometimes in the dining room, and sometimes in the meadow behind the house, where donkeys, dogs, and other livestock cavort. She sets a beautiful table without a lot of fuss, gathering wildflowers from the meadow and plucking dishware and decor from her antiques barn. “Whenever I need a wine bucket, I walk to the barn and see what I have to play with,” she says. She doesn’t sweat the small stuff. Experience has taught her what matters and what doesn’t: Haute cuisine is not important; camaraderie is. She likes to serve simple meals, such as a huge salad, pasta, and gazpacho. “Nothing that would mean I’d have to stand in the kitchen and watch over the stove; that would defeat the purpose of the party!” she says.

That purpose, Verschoor would say, is human connection, good food, and appreciation of the moment. When friends drive out to the farm for dinner, they fall into the family’s unhurried, harmonious rhythm. “We spend at least six hours together, and we all take part in getting the food from the kitchen to the table,” Verschoor says. Afterward, she adds, “We do the dishes together. It’s just a whole bonding experience.” 🐾



Lit by lanterns threaded through the trees, this bench offers guests a place to slip away if they like. **BELOW:** A three-tiered stand finds a new life as a s’mores station. Verschoor says animals, like Tibby the goat, “add to the ambience.” **ABOVE LEFT:** Pups in repose





PETITE RETREATS

Clean lines and bold uses of space turn **THREE
SMALL OASES** into living areas with huge benefits

BY **KAYLEE HAMMONDS** ■ PHOTOGRAPHS BY **HECTOR SANCHEZ**



Inventive hard-scaping is key to making the most of a small space.



Fragrant plants covering the folly ensure a sweet escape.



GARDEN ADVICE

Work with what you already have on hand. The five concrete planters and the iron fence came with this home. The furniture in the folly as well as the statue were pieces that the Carsons have had for years. Repurposing the unwanted hot tub into a pretty garden feature saved the expense of ripping it out altogether.

Keep views from different angles in mind when planning a garden. Here, you can see the water feature and the folly from above.

A snug space is no reason to settle for a grim little garden. It's possible to transform even the tiniest of courtyards into a lush retreat with simple and easily replicated details. Here, bold design, eye-catching focal points, and fragrant blooms conjure glorious havens out of three small gardens. Though each serves a different purpose, they all share certain features: They make liberal use of boxwoods to define spaces; all employ statuary to create striking interest; and each contains fragrant plants to perfume the air.



ATLANTA

GEORGIA

[45' x 55']

Homeowners Nancy and Hank Carson wanted to create a tranquil escape behind their townhome. The garden, designed by Marc Mosley and Ryan Gainey, mimics the homeowners' classic taste in interior decor to "extend the house into the yard and pull the yard into the house," says Mosley. A Classical garden folly disguises a large shed for garden equipment and also creates a shaded spot that stays cool during summer.

THE BIG IDEA: Because the Carsons' home is a four-story town house, it was important that the garden be attractive whether enjoyed at garden level or from a bird's-eye view. The formality of an Italian Renaissance garden appealed to Gainey, who planned the formal hedges and bluestone paths as a nod to that style.

THE DETAILS: The stone path leads from a street entrance to the folly, where the statue, an antique French piece (from Parc Monceau in Atlanta), greets guests. The path then takes them to the terrace, an ideal setup for entertaining. Mosley says the plants contribute a sense of movement through the garden—important in a small space like this one. Blooming plants like 'Zéphirine Drouhin' and 'Lady Banks' roses—as well as wisteria, clematis, and Confederate jasmine—wind their way over the garden folly.

NEW ORLEANS

LOUISIANA

[14' x 32']

When painter Alexis Walter decided to move her studio from a neighboring street into her own backyard, the question became how to make the most of the small area that remained. The idea of a formal, French-style kitchen garden that would be both productive and attractive appealed to her. Armed with an inspiring photo from Walter, Aaron Adolph and Jack Milazzo of NOLA + Design helped her achieve her goal.

THE BIG IDEA: The driving force behind moving her studio closer to her home was also the driving force behind the garden—Walter wanted a better work-life balance. This design allows her to move seamlessly from kitchen to garden to studio and back according to the demands of the day.

THE DETAILS: The single raised bed makes the most of the diminutive garden. Walter grows more than 20 kinds of produce, including three types of figs, five kinds of tomatoes, and many selections of fragrant herbs, such as mint and basil. Antiques from Walter's family dot the small garden, including metal benches and a weathered statue. A wall of New Orleans hard tan brick stylishly screens the barbecue. The tan-and-gray gravel creates a neutral canvas for the eclectic mix of edibles. Terra-cotta finials add vertical flourishes.



A tiny kitchen garden can be both beautiful and productive.



GARDEN ADVICE

✦ A small space doesn't mean having to settle for limited variety. With the help of espaliers, Walter is able to grow six selections of apples and three kinds of figs against flat surfaces.

✦ Drainage is key for ensuring happy plants in a city prone to downpours. An elevated bed in this space provides that.



Separate seating areas provide variety and keep the space fresh.



Palms help provide a lush, tropical feel.



Green plants contrast prettily with traditional blue and white.

SAVANNAH

GEORGIA

[15' x 17']

With an awkwardly placed air-conditioning unit and little more than bricks and dirt on the ground, this courtyard once felt tiny. Architect Michael Franck tucked away the AC unit; painted the old, untreated wooden porch; and replaced the bricks and dirt with stone pavers. This small garden room became just what the homeowner wanted: “a bit of an oasis for relaxing

in the evening,” with a mix of Southern and tropical plants to ensure the garden stays green year-round.

THE BIG IDEA: A space this petite requires finesse. Connecting the porch to the garden visually tacked

on an additional 5 feet to the depth of the space. Extending the blue-and-white color scheme of the downstairs interior outside unifies the indoor and outdoor spaces, making both feel larger. The handsome dark blue



GARDEN ADVICE

- + Unify the decorating scheme of indoor and outdoor areas to give cohesive flow and make them both feel larger.
- + Bold accent pieces, like the mansard-style mirror, are a simple way to add character to a small space.

used throughout the garden allows the vibrant greens to pop, giving the small space a lush atmosphere.

THE DETAILS: Organic materials, like oyster shell pavers from Savannah

Hardscapes, are a nod to the coastal location. A pretty espalier of Confederate jasmine cozies up to the blue fence, providing a heady hit of fragrance. The ikat pattern of the pillows mimics the espalier, continuing the eye-pleasing

order established by the clean lines of the hardscape and the plants themselves. Two kinds of palms—tall queen palms and smaller Chinese fan palms—complement each other and add height and drama. Simple accents,

such as the griffin (from Mecox Gardens) posed at the back of the garden and the mansard-style mirror (for a similar look, try Restoration Hardware), acknowledge the color palette and act as pleasing focal points. Hanging

curtains in a blue, green, and white stripe (these are from Sunbrella) softens the lines of the porch. This makes the entire space feel more intimate, so it's ideal for sipping cocktails or enjoying an alfresco dinner. 🍷



FROM A LUSCIOUS ICEBOX PIE
TO OUR EASIEST COBBLER EVER,
THESE EIGHT DESSERTS FEATURING PEACHES,
PLUMS, NECTARINES, AND CHERRIES
WILL MAKE YOU FALL IN LOVE WITH THE FRUITS
OF SUMMER ALL OVER AGAIN

ROMANCING THE STONE

—
**PUT DOWN
YOUR
PEELER: THIS
BRILLIANT
DISH IS
OUR
EASIEST
PEACH
COBBLER
EVER**
—



GINGER-PEACH SHORTBREAD COBBLER

recipe, page 102

—
**A NO-COOK
FILLING MAKES
A DREAMY BASE
FOR AN ICEBOX
PIE PILED WITH
FRESHLY CUT
FRUIT**
—



MIXED STONE FRUIT PIE

recipe, page 102

AMERICA'S LOVE AFFAIR with stone fruit is iconic—a cherry pie in the windowsill shouts U.S.A. as loudly as the red bandana tucked in Bruce Springsteen's jeans. But nowhere does that romance burn more intensely than in the South. We haul baskets of peaches at local U-Pick farms—our shirts damp with sweat from the summer heat. We fire up stove burners for bubbling, jewel-colored jams and jellies, and open the oven door to syrupy cobblers and pies. We hold cherry pit spitting contests on the porch. We know

exactly how it feels when the sun bakes the sticky trails of juice from a just-bitten plum on our arms. There are few fruits that inspire such longing for Southerners; nor are there many others as delicious eaten fresh off the tree as they are underneath a lattice crust. "The perfect peach is like the perfect tomato," says chef Hugh Acheson. "Rare are the foods that are so exquisite on their own, like stone fruits, that nothing else needs to be done to them." That's why our newest desserts show off what we love about stone fruit: their natural beauty, juicy sweetness, and blushing colors.

ORANGE-AND-BASIL MACERATED CHERRIES

recipe and lime-and-mint variation, page 102



—
**CLOUD-LIKE
RICOTTA
IS THE
PERFECT
COMPLE-
MENT TO
JUICY
CHERRIES
INFUSED
WITH
HERBAL-
CITRUS
ZING**
—

NECTARINE TARTS WITH HONEY

recipe, page 103

—
A DRIZZLE OF
HONEY GIVES THESE
15-MINUTE TARTS
THE LOOK OF FINE
PÂTISSERIE
—

**BUTTERMILK
ICE CREAM GETS ITS
RUBY-COLORED SWIRLS
FROM FRESH PLUMS**



BUTTERMILK-PLUM ICE CREAM

recipe, page 103

—
A GLOSSY BUTTERMILK
GLAZE LENDS THE
PERFECT SWEETNESS TO
A CHERRY-STUDDED
SHEET CAKE
—



BUTTERMILK-GLAZED CHERRY SHEET CAKE

recipe, page 103

A top-down photograph of a white ceramic plate filled with several rectangular, orange-colored ice pops on wooden sticks. The ice pops are arranged in a cluster, with some overlapping. The plate is set against a light-colored, textured background. The ice pops have a slightly frosty appearance.

NECTARINE-CHILE ICE POPS

recipe, page 103

**TRY OUR BRIGHT
AND SPICY TAKE ON
PALETAS, MEXICAN-
STYLE ICE POPS
USUALLY MADE
WITH FRESH FRUIT**

GINGER-PEACH SHORTBREAD COBBLER

- 1 cup butter, softened
- 1/2 cup loosely packed light brown sugar
- 1/8 tsp. kosher salt
- 2 1/4 cups plus 3 Tbsp. all-purpose flour, divided
- 1 (1/2-inch) piece fresh ginger, peeled
- 3/4 cup turbinado sugar, divided
- 7 to 9 medium-size peaches (such as 'Elberta'), halved
- 2 Tbsp. fresh lemon juice
- 1 large egg white, lightly beaten
- 2 tsp. granulated sugar

1. Preheat oven to 400°. Beat first 3 ingredients and 2 1/4 cups flour at medium speed with a heavy-duty electric stand mixer just until combined. Place dough on a lightly floured surface; roll to 1/4-inch thickness. Cut about 14 rounds with a 2 1/2-inch fluted round cutter. Place rounds in a single layer on a baking sheet; cover and chill until ready to use.

2. Pulse ginger and 1/4 cup turbinado sugar in a food processor 5 to 6 times or until well combined. Stir together ginger mixture and remaining 1/2 cup turbinado sugar in a large bowl. Add lemon juice, peaches, and remaining 3 Tbsp. flour; toss to coat. Place peach halves, slightly overlapping, in a greased (with butter) 10-inch cast-iron skillet, and pour any remaining juice over peaches.

3. Bake at 400° for 15 minutes. Remove from oven, and nestle shortbread dough rounds among peaches. Brush rounds with egg white, and sprinkle with granulated sugar. Bake 17 to 20 minutes or until golden brown.

Note: We tested with Sugar in the Raw Natural Cane Turbinado Sugar.

MAKES 6 to 8 servings. **HANDS-ON** 40 min.; **TOTAL** 1 hour, 10 min.

MIXED STONE FRUIT PIE

- 1 cup graham cracker crumbs
- 1 cup sliced almonds
- 6 Tbsp. butter, melted
- 1/4 cup sugar
- 1 cup fruit juice (such as cranberry or grape)
- 3 tsp. cornstarch
- 1/4 cup honey
- 1/8 tsp. table salt
- 2 cups heavy cream
- 2 (8-oz.) packages cream cheese, softened
- 1 (14-oz.) can sweetened condensed milk
- 1 Tbsp. loosely packed lemon zest
- 2 Tbsp. fresh lemon juice
- 1/2 tsp. vanilla extract
- 1/4 tsp. table salt
- 1/4 tsp. almond extract
- 4 cups mixed stone fruit slices

1. Preheat oven to 325°. Pulse first 4 ingredients in a food processor 15 times or until almonds are finely ground. Press on bottom and up sides of a 10-inch pie plate. Bake 10 to 12 minutes or until golden brown. Cool completely (about 2 hours).

2. Meanwhile, whisk together fruit juice and cornstarch in a small bowl. Stir together honey and salt in a small saucepan, and cook over medium-low heat 3 to 4 minutes or until mixture begins to bubble. Whisk in fruit juice mixture. Increase heat to medium, and bring to a boil, whisking often. Remove from heat, and cool completely (about 10 minutes). Cover and chill until ready to use.

3. Beat heavy cream in a medium bowl at medium speed with an electric mixer until stiff peaks form.

4. Beat cream cheese at medium speed

with a heavy-duty electric stand mixer until smooth; gradually add condensed milk, beating until blended after each addition. Add next 5 ingredients, and beat at medium-high speed until smooth and creamy. Fold in whipped cream. Pour mixture into cooled pie crust, and chill 12 to 24 hours.

5. Place fruit slices in a large bowl; add half of chilled juice mixture, tossing to coat. (If mixture is too thick, place in a microwave-safe bowl, and microwave at HIGH 30 seconds.) Spoon fruit onto chilled pie, and serve immediately with remaining juice mixture. Or chill remaining juice mixture, and reserve for another use, such as a topping for ice cream.

MAKES 8 to 10 servings. **HANDS-ON** 45 min.; **TOTAL** 5 hours, 35 min.

ORANGE-AND- BASIL MACERATED CHERRIES

- 1 lb. fresh cherries, pitted
- 1 Tbsp. firmly packed orange zest
- 2 Tbsp. fresh orange juice
- 2 Tbsp. dark brown sugar
- 1 Tbsp. chopped fresh basil
- 1/8 tsp. kosher salt
- Ricotta cheese

1. Cut half of cherries in half crosswise. Place whole cherries and cherry halves in a large bowl; add zest and next 4 ingredients, tossing to coat. Cover and chill 1 hour.

2. Remove cherries from refrigerator, and let stand 10 minutes. Spoon over ricotta cheese, and serve immediately.

MAKES 6 to 8 servings. **HANDS-ON** 20 min.; **TOTAL** 1 hour, 30 min.

LIME-AND-MINT MACERATED CHERRIES

- 1 lb. fresh cherries, pitted
- 1 Tbsp. firmly packed lime zest
- 2 Tbsp. fresh lime juice
- 2 Tbsp. sugar
- 1 Tbsp. chopped fresh mint
- 1/8 tsp. kosher salt
- Ricotta cheese



1. Cut half of cherries in half crosswise. Place whole cherries and cherry halves in a large bowl; add zest and next 4 ingredients, tossing to coat. Cover and chill 1 hour.

2. Remove cherries from refrigerator, and let stand 10 minutes. Spoon over ricotta cheese, and serve immediately.

MAKES 6 to 8 servings. **HANDS-ON** 20 min.; **TOTAL** 1 hour, 30 min.

NECTARINE TARTS WITH HONEY

- 1** (17.3-oz.) package frozen puff pastry sheets, thawed
- Parchment paper
- 2** lb. nectarines (such as 'Redgold'), cut into 1/4-inch slices
- 6** Tbsp. sugar
- 1/4 cup honey

Preheat oven to 425°. Cut each pastry sheet into 6 (3-inch) squares, and place in a single layer on 2 parchment paper-lined baking sheets. Arrange nectarine slices on each pastry square; sprinkle with sugar. Bake 15 to 20 minutes or until pastry is golden brown, rotating pans top to bottom halfway through. Cool on a wire rack 5 minutes. Drizzle with honey just before serving.

MAKES 12 servings. **HANDS-ON** 15 min.; **TOTAL** 35 min.

BUTTERMILK-PLUM ICE CREAM

- 2** cups half-and-half
- 1** cup buttermilk
- 1** cup heavy cream
- 6** large egg yolks
- 1 1/3 cups plus 3 Tbsp. sugar, divided
- 2** cups peeled, chopped black plums (such as 'Methley')
- 1** Tbsp. light corn syrup
- 1/8 tsp. table salt
- 2** tsp. fresh lemon juice

1. Whisk together first 4 ingredients and 1 1/3 cups sugar in a medium saucepan. Cook over medium-low heat, whisking often, 10 to 12 minutes or until mixture just begins to boil. Pour mixture into a medium-size metal bowl. Fill a large bowl halfway with ice water. Place

bowl containing custard mixture in ice water, and cool completely (about 30 minutes), whisking occasionally. Cover and chill custard mixture 2 hours.

2. Meanwhile, stir together plums, corn syrup, salt, and remaining 3 Tbsp. sugar in a small saucepan, and cook over medium heat, stirring occasionally, 12 minutes or until plums are very tender. Remove from heat; let stand 15 minutes. Stir in lemon juice. Cover and chill plum mixture 2 hours.

3. Pour custard mixture into freezer container of a 2-qt. electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times may vary.) Transfer ice cream to a freezer-safe bowl or pan, and freeze 1 hour. Meanwhile, freeze plum mixture 30 minutes. Dollop frozen plum mixture over frozen ice cream, and gently swirl.

Note: We tested with Cuisinart Pure Indulgence Frozen Yogurt-Sorbet & Ice Cream Maker.

MAKES about 2 qt. **HANDS-ON** 35 min.; **TOTAL** 5 hours

BUTTERMILK-GLAZED CHERRY SHEET CAKE

- 1** cup butter, softened
- 2** cups plus 1 tsp. granulated sugar, divided
- 4** large eggs
- 1** Tbsp. fresh lemon juice
- 1** tsp. almond extract
- 2** tsp. baking powder
- 1/2 tsp. table salt
- 3 1/2 cups plus 2 Tbsp. all-purpose flour, divided
- 1** cup milk
- 3** cups fresh cherries, pitted and halved
- 1/2 cup plus 2 Tbsp. powdered sugar
- 3** Tbsp. buttermilk

1. Preheat oven to 325°. Beat butter at medium speed with an electric mixer until fluffy. Gradually add 2 cups granulated sugar, and beat until well blended. Add eggs, 1 at a time, beating well after each addition and stopping to scrape sides of bowl as needed. Add lemon juice and almond extract, and beat until blended. Increase speed to medium-high, and beat 1 to 2 minutes or until pale yellow.

2. Stir together baking powder, salt, and 3 1/2 cups flour. Add to butter mixture alternately with milk, beginning and ending with flour mixture. Beat at low speed just until blended after each addition. Line bottom and sides of 9- x 13-inch pan with aluminum foil, allowing 2 to 3 inches of foil to extend over sides. Grease (with butter) and flour foil. Pour batter into prepared pan. Toss together cherries and remaining 2 Tbsp. flour and 1 tsp. granulated sugar, and scatter over batter.

3. Bake at 325° for 1 hour to 1 hour and 10 minutes or until set and browned on top. Cool on a wire rack 1 hour.

4. Whisk together powdered sugar and buttermilk, and drizzle over cake. Let cake stand until glaze sets (about 5 minutes). Lift cake from pan, using foil sides as handles. Cut into squares.

MAKES 12 to 16 servings. **HANDS-ON** 30 min.; **TOTAL** 2 hours, 35 min.

NECTARINE-CHILE ICE POPS

- 2/3 cup sugar
- 1** Tbsp. light corn syrup
- 1/4 tsp. table salt
- 2** (1/4-inch-thick) jalapeño pepper slices (with seeds)
- 4** large nectarines, peeled and quartered
- 1 1/2 tsp. firmly packed lime zest
- 1/4 cup fresh lime juice
- 10** food-safe wooden craft sticks

1. To make a sugar syrup, bring first 3 ingredients and 3 Tbsp. water to a boil in a small saucepan over medium heat. Boil, stirring constantly, 1 to 2 minutes or just until sugar dissolves. Add pepper slices, and cook, stirring occasionally, 1 minute. Remove from heat; let stand 15 minutes. Discard jalapeño pepper slices.

2. Process sugar syrup, nectarines, and next 2 ingredients in a food processor until smooth, stopping to scrape down sides as needed. Pour mixture into 10 (2-oz.) plastic pop molds. Top with lids of pop molds, and freeze 1 hour. Insert craft sticks, leaving 1 1/2 to 2 inches sticking out, and freeze 7 more hours or until sticks are solidly anchored and pops are completely frozen.

MAKES 10 frozen pops. **HANDS-ON** 20 min.; **TOTAL** 8 hours, 35 min.



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Southern Cooking

FROM THE SOUTH'S MOST TRUSTED KITCHEN

Pasta with Heirloom
Tomatoes, Goat
Cheese, and Basil
Recipe, page 110

SARA SAYS

Don't overmix a salad, especially when using delicate, juicy tomatoes. Just toss twice.

LOVING SUMMER TOMATOES

FIVE FRESH, NO-FUSS RECIPES FROM SARA FOSTER FOR EASY ENTERTAINING

Sara Foster (right), cookbook author and founder of Foster's Market in Durham, North Carolina, is an expert at creating inventive recipes that bring fresh appreciation to classic farmstead ingredients. Come summertime, that means tomatoes—from familiar standards to snazzy heirlooms—fresh off the vine and warm from the sun. When nearby farmers' markets are overflowing

with ripe tomatoes, Sara snaps up plenty of her favorite varieties, such as 'German Johnson,' 'Pineapple,' 'Green Zebra,' 'Sun Gold,' and 'Zebra Cherry.' Whether cooking in her cozy home or in the bustling kitchen at Foster's, Sara's seasonal Southern recipes make summertime entertaining easy and enjoyable.



TOMATO, WATERMELON, AND FETA SKEWERS WITH MINT AND LIME

No time for skewers? Gently toss the ingredients in a salad bowl, or dice the tomato, watermelon, and cheese into small cubes to serve as a fresh relish for grilled meats.

- 2 large heirloom tomatoes, cored and cut into 1-inch pieces
- 3 cups 1-inch watermelon cubes (about 1/4 of a 3-lb. watermelon)
- 8 oz. feta cheese, cubed
- 2 1/2 Tbsp. fresh lime juice
- 2 Tbsp. chopped fresh mint
- 1 Tbsp. extra virgin olive oil
- 1 tsp. kosher salt
- 1/2 tsp. freshly ground black pepper
- 36 (3-inch) wooden skewers

Gently toss together tomatoes and next 7 ingredients in a large bowl. Cover and chill 30 minutes to 1 hour. Thread 1 tomato piece, 1 watermelon cube, and 1 feta cube onto a skewer, and place in a serving bowl. Repeat with remaining skewers. Drizzle with remaining marinade, and serve immediately.

MAKES about 3 dozen skewers.
HANDS-ON 30 min., **TOTAL** 1 hour

SARA SAYS

For burgers, try slicing up bigger tomatoes like 'Beefsteak' or 'Cherokee Purple.'

Burgers with Green
Tomato Mayonnaise
Recipe, page 110

GREEN TOMATO SOUP WITH LUMP CRABMEAT

Make this vibrant, peppery soup and easy crab salad up to a day ahead, and then stash them in the fridge to chill.

- 1 poblano pepper
- 2 Tbsp. butter
- 2 Tbsp. olive oil
- 2 medium onions, chopped
- 4 celery ribs, chopped
- 2 jalapeño peppers, seeded and chopped
- 4 garlic cloves, minced
- 2 1/2 lb. firm green tomatoes, cored and coarsely chopped
- 6 cups chicken or vegetable broth
- 2 bay leaves
- Kosher salt
- Freshly ground black pepper
- 3 cups loosely packed arugula
- 14 fresh basil leaves
- 1/2 bunch fresh cilantro, stems removed
- 2 1/2 Tbsp. fresh lemon juice
- 1 to 2 tsp. hot sauce
- Lump Crabmeat Salad**

1. Preheat broiler with oven rack 5 inches from heat. Cut poblano pepper in half lengthwise; remove seeds. Broil pepper halves, skin sides up, on an aluminum foil-lined baking sheet 2 to 3 minutes on each side or until blistered. Place pepper halves in a zip-top plastic freezer bag; seal and let stand 10 minutes to loosen skins. Peel pepper halves, and chop.

2. Melt butter with oil in a Dutch oven over medium-high heat. Reduce heat to low; add onions, and cook, stirring often, 15 minutes. Add celery, jalapeño peppers, and chopped poblano pepper; cook, stirring often, 5

minutes. Add garlic; cook, stirring constantly, 2 minutes. Add tomatoes, broth, and bay leaves. Season with salt and pepper. Increase heat to medium-high, and bring to a boil. Reduce heat to low, and simmer, stirring occasionally, 15 to 20 minutes or until tomatoes are tender. Remove from heat, and discard bay leaves. Stir in arugula, basil, and cilantro. Let cool 30 minutes.

3. Process soup, in batches, in a food processor or blender until smooth. Stir in lemon juice and hot sauce; add salt and pepper to taste. Cover and chill 8 to 24 hours. Ladle chilled soup into serving bowls; top each serving with about 2 Tbsp. Lump Crabmeat Salad.

MAKES about 3 qt. **HANDS-ON** 45 min. **TOTAL** 9 hours, 45 min., including salad

Lump Crabmeat Salad

Stir together 8 oz. **fresh lump crabmeat** (picked through to remove bits of shell), 2 Tbsp. **olive oil**, 1 Tbsp. **fresh lime juice**, 1 Tbsp. each chopped fresh **basil** and **cilantro**, and 1 seeded and sliced **jalapeño** pepper. Season with **sea salt** and freshly ground **black pepper**. Serve immediately, or refrigerate up to 2 days.

MAKES 2 cups. **TOTAL** 5 min.

SARA SAYS

Cook with green tomatoes to enjoy both the start and end of tomato growing season.

CORNMEAL THUMB-PRINT COOKIES WITH TOMATO JAM

This clever take on beloved thumbprint cookies is sweet and savory. Refrigerated dough keeps for days, and the baked cookies freeze well.

- 1/2 cup butter, softened
- 1/2 cup powdered sugar
- 1 large egg, separated
- 1 tsp. vanilla extract
- 3/4 cup all-purpose flour
- 3/4 cup plain yellow cornmeal
- 1 tsp. lemon zest
- 1/2 tsp. kosher salt
- 1/4 tsp. ground nutmeg
- 1/2 cup chopped pecans, lightly toasted
- 3 Tbsp. granulated sugar
- Parchment paper
- 1/2 cup Tomato Jam

SARA SAYS

After baking, press each cookie with the back of a spoon to make room for the jam.

1. Beat butter and powdered sugar at medium speed with a heavy-duty electric stand mixer 2 to 3 minutes or until pale and fluffy. Add egg yolk and vanilla, beating until blended.

2. Stir together flour and next 4 ingredients in a small bowl. Gradually add flour mixture to butter mixture, beating at low speed until blended after each addition.

3. Turn dough out onto a lightly floured surface; knead 3 to 4 times. Shape dough into a 1-inch-thick disk. Wrap tightly in plastic wrap, and chill 2 to 24 hours.

4. Preheat oven to 350°. Stir together pecans and granulated sugar in a small bowl. Shape chilled dough into 1-inch balls. Lightly beat egg white. Dip each ball into egg white; dredge in pecan mixture. Place 1 inch apart on a parchment paper-lined baking sheet. Press thumb into each ball, forming an indentation.

5. Bake at 350° for 10 minutes. Remove from oven, and, using back of a spoon, press indentations again. Spoon about 1/2 tsp. Tomato Jam into each indentation. Bake 8 to 10 more minutes or until golden brown. Cool on baking sheets 5 minutes; transfer to a wire rack, and cool completely. Store in an airtight container up to 4 days.

MAKES about 2 dozen. **HANDS-ON** 45 min.; **TOTAL** 4 hours, 25 min., including jam

Tomato Jam

- 1 1/2 lb. assorted tomatoes
- 1 cup sugar
- 1/4 cup apple cider vinegar
- 1 Tbsp. orange zest
- 3 Tbsp. fresh orange juice
- 1 Tbsp. grated fresh ginger
- 2 tsp. sea salt
- 1 tsp. ground coriander
- 4 whole cloves

1. Bring 6 qt. water to a boil in a large Dutch oven over high heat. Add tomatoes, and boil 1 minute to loosen skins. Drain and plunge tomatoes into ice water to stop the cooking process. Peel tomatoes over a medium saucepan, letting juices drip into saucepan. Core and chop tomatoes; place in saucepan. Stir in sugar and next 7 ingredients. Bring to a low boil over medium heat; reduce heat to low, and simmer 30 to 40 minutes or until thickened.

2. Remove and discard cloves. Mash tomato mixture to desired consistency, using a potato masher. Remove from heat, and cool 20 minutes. Refrigerate in an airtight container up to 1 month.

MAKES about 2 cups. **HANDS-ON** 25 min.; **TOTAL** 1 hour, 15 min.



READY OR NOT
HERE THEY COME



Pina Colada Ribeye
Bone-in Pork Chops

Bacon BBQ
New York Pork Chops

Basil-Garlic
Porterhouse Pork Chops



pork
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BURGERS WITH GREEN TOMATO MAYONNAISE

This is a fabulous new way to add even more tomato flavor to a great burger. Try the tangy, chunky mayo on fish sandwiches and crab cakes too.

- 2 1/2 lb. ground chuck
- 1/2 cup Worcestershire sauce
- 1 1/4 tsp. freshly ground black pepper, divided
- 1 tsp. kosher salt
- 8 whole wheat hamburger buns
- Tomato slices
- Green Tomato Mayonnaise
- Fresh baby spinach

1. Preheat grill to 350° to 400° (medium-high) heat. Gently combine ground chuck, 1/4 cup Worcestershire sauce, and 1/4 tsp. pepper in a large bowl. Using your hands, gently shape meat into 8 (4-inch) patties (about 3/4 inch thick). Transfer patties to a jelly-roll pan, and drizzle with remaining 1/4 cup Worcestershire sauce. Sprinkle with 1/2 tsp. each salt and pepper. Turn patties over, and sprinkle with remaining salt and pepper.

2. Grill patties, covered with grill lid, 6 to 8 minutes on each side. Transfer burgers to a platter, and cover loosely with aluminum foil. Let stand 5 minutes.

3. Meanwhile, grill buns 1 to 2 minutes or until grill marks appear. Serve burgers on buns with tomato slices, Green Tomato Mayonnaise, and baby spinach.

MAKES 8 servings. **HANDS-ON** 20 min.; **TOTAL** 40 min., including mayonnaise

Green Tomato Mayonnaise

Stir together 1/2 cup **mayonnaise**; 1 (7- to 8-oz.) **green tomato**, cored and diced; 4 fresh **basil** leaves, cut into thin strips; 1 Tbsp. chopped fresh **chives**; and 2 tsp. **Dijon mustard**. Serve immediately, or refrigerate in an airtight container up to 5 days.

MAKES about 1 1/2 cups. **HANDS-ON** 15 min., **TOTAL** 15 min.

PASTA WITH HEIRLOOM TOMATOES, GOAT CHEESE, AND BASIL

When preparing this, start with half the vinaigrette. Cooked pasta absorbs dressing as it sits, so add the rest just before serving for a last-minute burst of flavor.

- 12 oz. uncooked cavatappi pasta
- 3 Tbsp. olive oil, divided
- 4 oz. country ham, thinly sliced
- 1 1/2 lb. heirloom tomatoes, chopped
- 4 cups loosely packed arugula
- 1 cup crumbled goat cheese
- 15 fresh basil leaves, cut into thin strips
- 3 Tbsp. chopped fresh flat-leaf parsley
- 1/2 tsp. dried crushed red pepper
- Herb Vinaigrette
- Kosher salt
- Freshly ground black pepper

1. Prepare pasta according to package directions for al dente. Toss together pasta and 1 Tbsp. olive oil in a large bowl.

2. Cook ham in remaining hot olive oil in a skillet over medium-high heat 1 minute on each side or until crispy. Drain on paper towels. Break ham into small pieces.

3. Add tomatoes, next 5 ingredients, and 6 Tbsp. vinaigrette to pasta; toss gently. Add salt and pepper to taste; top with ham. Just before serving, stir in remaining vinaigrette.

MAKES 8 to 10 servings. **HANDS-ON** 25 min.; **TOTAL** 30 min., including vinaigrette

Herb Vinaigrette

Process 2 Tbsp. **red wine vinegar**, 1 Tbsp. **fresh lemon juice**, and 4 small **garlic cloves** in a food processor until smooth. With processor running, pour 1/2 cup **canola oil** through food chute in a slow, steady stream, processing until blended. Add 12 fresh **basil** leaves and 1/2 cup fresh flat-leaf **parsley** leaves, and process until smooth. Add 1/2 cup grated **Parmesan** cheese; pulse to combine. Stir in **kosher salt** and freshly ground **black pepper** to taste. Serve immediately, or refrigerate in an airtight container up to 5 days.

MAKES about 3/4 cup. **HANDS-ON** 10 min., **TOTAL** 10 min.

It's time
to get crashing

FLAVOR IT

Try different rubs, glazes
and marinades

GRILL IT

Grill to an internal temperature
between 145°F (medium rare) and
160°F (medium), with a 3-minute rest

ENJOY IT

A grill out is even better with
friends – so invite the crew



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PorkBeInspired.com/GrillCrashers

pork
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Chop, Chop!

Fresh spins on summer's most approachable main: the pork chop



CHILE-RUBBED CHOPS WITH SWEET POTATOES AND GRILLED OKRA

We love a rub. It's easier and less messy than a marinade and gives through-and-through flavoring.

- 1 tsp. ancho chile powder
- 2 tsp. dried oregano
- 1 tsp. celery seeds
- 1 tsp. paprika
- 1 tsp. dried thyme
- 2 1/2 tsp. kosher salt, divided
- 4 (1/2-inch-thick) bone-in pork loin chops
- 2 1/2 Tbsp. olive oil, divided
- 3 or 4 flat wooden skewers
- 2 medium-size sweet potatoes
- 1 lb. fresh whole okra
- 1/4 tsp. ground black pepper
- 2 Tbsp. butter

1. Stir together first 5 ingredients and 1 1/2 tsp. salt. Brush pork chops with 1 Tbsp. oil, and rub mixture over both sides. Chill, uncovered, 8 to 12 hours.

2. Soak skewers in water 20 minutes. Preheat grill to 350° to 400° heat. Pierce potatoes several times with a fork. Cover with damp paper towels, and microwave at HIGH 8 minutes or until tender, turning after 3 minutes. Let stand 10 minutes.

3. Toss together okra, pepper, and remaining olive oil and salt; thread okra onto skewers. Grill pork, covered with grill lid, 5 minutes on each side or until a meat thermometer inserted in thickest portion registers 155°. At the same time, grill okra 5 minutes, turning occasionally.

4. Cut potatoes in half, and top with butter; season with salt and pepper. Serve with pork and okra.

MAKES 4 servings. **HANDS-ON** 25 min.; **TOTAL** 8 hours, 35 min.

MADE WITH

6.5%	Madagascar rain water
4%	Hand-blown glass
89.5%	Tastes the same as tap water



MADE WITH

100%	Turkey Breast
------	---------------



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HOMEMADE SHAKE-AND-BAKE PORK CHOPS WITH MUSTARD SAUCE

- 1 1/4 cups panko (Japanese breadcrumbs)
- 3 Tbsp. olive oil
- 1/2 tsp. dried oregano
- 1/2 tsp. dried parsley
- 1/4 tsp. garlic powder
- 1/4 tsp. onion powder
- 2 1/4 tsp. kosher salt, divided
- 1 1/8 tsp. freshly ground black pepper, divided
- 4 (1/2-inch-thick) bone-in pork loin chops
- 2 Tbsp. butter
- 1 large shallot, minced
- 1 cup reduced-sodium chicken broth
- 1/4 cup Dijon mustard
- 2 Tbsp. heavy cream
- 2 tsp. fresh lemon juice
- 1 Tbsp. chopped fresh flat-leaf parsley

1. Preheat oven to 425°. Stir together first 6 ingredients, 2 tsp. salt, and 1 tsp. pepper in a bowl. Transfer mixture to a 1-gal. zip-top plastic freezer bag.

2. Sprinkle pork chops on both sides with remaining 1/4 tsp. salt and 1/8 tsp. pepper. Place 2 chops in breadcrumb mixture, and shake to coat well. Place chops on a wire rack on a baking sheet. Repeat with remaining chops.

3. Bake at 425° for 15 minutes; turn chops over, and bake 10 more minutes or until a meat thermometer inserted in thickest portion registers 155°. Let stand 5 minutes.

4. Melt butter in a medium skillet over medium heat. Add shallot, and sauté 3 minutes or until softened. Increase heat to medium-high; add broth, and bring to a boil. Boil 1 minute. Stir in mustard, cream, and lemon juice, and cook, stirring

occasionally, 2 to 3 minutes or until sauce is slightly thickened. Stir in chopped parsley. Serve immediately with pork chops.

Note: We tested with Swanson Natural Goodness 33% Less Sodium Chicken Broth.

MAKES 4 servings. **HANDS-ON** 20 min., **TOTAL** 50 min.

EASY SUMMER GREEN BEANS

Bring 1 qt. water, 1 tsp. **kosher salt**, 1/4 tsp. freshly ground black **pepper**, and 1/4 tsp. **sugar** to a boil in a medium saucepan over medium-high heat. Add 1 lb. **fresh green beans**; cover and reduce heat

to medium. Cook 10 minutes or to desired degree of doneness. Drain beans, and drizzle with 1/2 Tbsp. **olive oil** and 1/2 Tbsp. fresh **lemon juice**. Add more olive oil and lemon juice, if desired.

MAKES 4 servings. **HANDS-ON** 25 min., **TOTAL** 25 min.





BROILED PORK CHOPS WITH BASIL BUTTER AND SUMMER SQUASH

The basil butter is the star here: It seasons the pork and adds an herby, rich flavor to the roasted squash.

- 1/2 cup butter, softened
- 1/2 cup chopped fresh basil
- 1 Tbsp. minced shallot
- 2 1/2 tsp. kosher salt, divided
- 1 1/2 tsp. freshly ground black pepper, divided
- 2 lb. mixed summer squash, chopped
- 1 small red onion, chopped
- 3 medium tomatoes, seeded and chopped
- 4 (3/4-inch-thick) frenched pork loin chops

1. Stir together first 3 ingredients, 1 tsp. salt, and 1/2 tsp. pepper in a small bowl. Cover and chill basil-butter mixture until ready to use (up to 48 hours).

2. Preheat broiler with oven rack 5 inches from heat. Toss together squash, next 2 ingredients, 1 tsp. salt, and 1/2 tsp. pepper in a large bowl. Spread mixture in a single layer in a jelly-roll pan, and broil 10 to 12 minutes or until tender and lightly browned, stirring every 5 minutes. Transfer to a serving bowl, and stir in 2 Tbsp. basil-butter mixture. Cover with aluminum foil to keep warm.

3. Sprinkle chops with remaining salt and pepper, and place on a wire rack in an aluminum foil-lined jelly-roll pan. Top each chop with a heaping tablespoon of basil-butter mixture. Broil 8 to 10 minutes or until a meat thermometer inserted in thickest portion registers 155°. Let stand 5 minutes before serving. Serve pork chops with squash mixture.

MAKES 4 servings. **HANDS-ON** 35 min., **TOTAL** 40 min.



PORK CHOP SANDWICHES WITH GRAVY AND GRITS

Breakfast for dinner is always a welcome surprise. Use biscuits to make the sandwiches, and serve with fresh fruit to balance out the meal.

- 6 frozen buttermilk biscuits (from a 41.6-oz. package)
- 6 thin boneless pork loin chops (about 1 3/4 lb.)
- 1 1/2 tsp. kosher salt, divided
- 1/2 tsp. ground black pepper, divided
- 2 Tbsp. olive oil
- 1/2 cup butter, divided
- 1/3 cup all-purpose flour
- 3 3/4 cups milk
- 1/2 tsp. hot sauce
- 1 cup uncooked quick-cooking grits
- 1/2 cup (2 oz.) freshly shredded Cheddar cheese

1. Cook biscuits according to package directions.

2. Meanwhile, sprinkle pork

chops with 1 tsp. salt and 1/4 tsp. pepper. Cook in hot oil in a large skillet over medium-high heat, in batches, 2 to 3 minutes on each side or until browned. Transfer chops to a platter, and cover with aluminum foil to keep warm. Wipe skillet clean.

3. Melt 1/4 cup butter in skillet over medium-low heat. Whisk in flour. Cook, whisking constantly, 1 minute, scraping browned bits from bottom of skillet. Gradually whisk in milk; increase heat to medium, and cook, whisking constantly, 10 minutes or until thickened. Stir in hot sauce and remaining 1/2 tsp. salt and 1/4 tsp. pepper.

4. Cook grits according to package directions; stir in cheese and remaining butter. Season with salt and pepper. Split biscuits; top with pork chops and desired amount of gravy. Serve with grits.

MAKES 4 to 6 servings. **HANDS-ON** 30 min., **TOTAL** 40 min.

MAKE IT LAST

Stretch Sunday's supper into two more meals.



MONDAY

Chopped Salad with Steak



TUESDAY

Cheese Steak Sandwiches

Serve Sunday's flank steak with seared tomatoes and Lime-Wasabi Sauce.

Steak Nights

Fire up the grill once for three different dinners, making the most of flank steak and your time

SUNDAY

SEARED FLANK STEAK WITH LIME-WASABI SAUCE

Zesty red wine marinade is the key for this super-tender and deeply flavored steak. The longer it marinates, the better.

- 2 (1 1/2- to 2-lb.) flank steaks
- Red Wine Marinade**
- 2 Tbsp. olive oil
- 1 1/4 lb. mixed cherry tomatoes
- 4 to 6 cups loosely packed arugula
- Lime-Wasabi Sauce**

1. Place steaks and marinade in a 2-gal. zip-top plastic freezer bag; seal bag, and turn to coat. Chill 2 to 12 hours.

2. Preheat grill to 400° to 450° (high) heat. Grill steak, covered with grill lid, 5 to 7 minutes on each side or to desired degree of doneness. Remove from grill, and let stand 10 minutes.

3. Heat oil in a skillet over medium-high heat; add tomatoes, and cook, stirring occasionally, 10 minutes or until seared. Season with salt and pepper.

4. Cut 1 flank steak thinly across the grain; serve with tomatoes, arugula, and sauce. (Reserve remaining steak for salad and sandwiches.)

MAKES 4 to 6 servings. **HANDS-ON** 30 min.; **TOTAL** 2 hours, 45 min.

Red Wine Marinade

Whisk together 1 cup dry **red wine**, 3 Tbsp. **soy sauce**, and 1 Tbsp. minced **garlic** in a bowl; add black **pepper** to taste. Whisk in 1 cup **olive oil**.

MAKES about 2 cups. **HANDS-ON** 5 min.; **TOTAL** 5 min.

Lime-Wasabi Sauce

Stir together 2 Tbsp. fresh **lime juice**, 3 Tbsp. **wasabi sauce**, 1 Tbsp. minced fresh **ginger**, 1 Tbsp. **rice vinegar**, 1/4 tsp. **kosher salt**, and 1/8 tsp. black **pepper** in a small bowl. Whisk in 1/2 cup **olive oil**.

MAKES about 1 cup. **HANDS-ON** 10 min.; **TOTAL** 10 min.

MONDAY NIGHT

CHOPPED SALAD WITH STEAK

Chill plates one hour before serving to help keep the salad cold after serving.

- | | |
|----------------------------------|---|
| 6 cups chopped romaine lettuce | 1/2 cup pitted kalamata olives, chopped |
| 1 small red onion, thinly sliced | 1/4 cup loosely packed fresh flat-leaf parsley, chopped |
| 1 red bell pepper, chopped | 3/4 lb. Seared Flank Steak, chopped |
| 1 yellow bell pepper, chopped | Crumbled blue cheese |
| 1 cucumber, peeled and sliced | Blue cheese dressing |

Toss together first 7 ingredients in a large bowl. Divide salad mixture among plates; top each with steak and desired amount of blue cheese. Serve with blue cheese dressing.

MAKES 4 servings. **HANDS-ON** 20 min.; **TOTAL** 40 min., not including steak



TUESDAY NIGHT



SOUTHERN CHEESE STEAK SANDWICHES

Simple with significant flavor, this Southern spin on the classic cheese steak is deluxe comfort food.

- | | |
|------------------------------------|---------------------------------------|
| 1 sweet onion, sliced | 1 (4-oz.) jar diced pimiento, drained |
| 1 Tbsp. olive oil | 4 sub rolls, split |
| 6 oz. sharp Cheddar cheese, grated | 3/4 lb. Seared Flank Steak, sliced |
| 1/2 cup mayonnaise | |

1. Preheat broiler with oven rack 8 to 9 inches from heat. Sauté onion in hot oil in a saucepan over medium heat 10 minutes or until tender. Pulse cheese, mayonnaise, and pimiento in a food processor until combined. Season with salt and pepper. Spread each roll with about 1/4 cup pimiento cheese mixture.

2. Sauté steak in a small skillet over medium-high heat 2 to 3 minutes or until heated through. Divide steak and onions among rolls, and place on a baking sheet. Broil 2 to 3 minutes or until cheese is melted. Serve immediately with remaining pimiento cheese mixture. 🍴

MAKES 4 servings. **HANDS-ON** 25 min.; **TOTAL** 25 min., not including steak

OUR NO-FAIL, NO-FRILLS, KEEP-FOREVER RECIPE FOR

SUMMER SUCCOTASH

Created by Native Americans, succotash is the South's most beloved vegetable medley. Ingredients that grow together always go together.

Succotash is hearty enough to be not only a light entrée but also a blue-ribbon accompaniment to fish, fried chicken, or grilled pork chops.

Fresh herbs make this succotash shine. We like dill and chives, but you can also try basil or tarragon.



CLASSIC SUCCOTASH

- 2 cups fresh lima beans
- 1/2 small yellow onion
- 4 fresh thyme sprigs
- 1 garlic clove
- 3 uncooked bacon slices
- 1 medium-size sweet onion, chopped
- 3 cups fresh corn kernels (about 6 ears)
- 1 pt. cherry tomatoes, halved
- 2 Tbsp. unsalted butter
- 1 Tbsp. red wine vinegar
- 1 1/2 Tbsp. chopped fresh dill
- 1 1/2 Tbsp. chopped fresh chives

1. Bring first 4 ingredients and water to cover to a boil in a saucepan over medium-high heat; reduce heat to medium, and simmer, stirring occasionally, 20 minutes or until beans are tender. Drain beans, reserving 3/4 cup cooking liquid. Discard yellow onion, thyme, and garlic.

2. Cook bacon in a large skillet over medium heat 7 minutes or until crisp, turning once. Remove bacon, reserving 2 Tbsp. drippings in skillet. Drain bacon on paper towels, and crumble.

3. Sauté chopped sweet onion in hot drippings over medium-high heat 5 minutes. Stir in corn, and cook, stirring often, 6 minutes or until corn is tender. Stir in tomatoes, cooked lima beans, and 3/4 cup reserved cooking liquid; cook, stirring occasionally, 5 minutes. Stir in butter and next 3 ingredients. Season with salt and pepper. Sprinkle with crumbled bacon.

MAKES 6 servings. **HANDS-ON** 45 min.; **TOTAL** 1 hour, 10 min.

PROP STYLING: BUFFY HARGETT MILLER; FOOD STYLING: ERIN MERHAAR

MONDAY DINNER



TUESDAY BREAKFAST



WEDNESDAY DINNER



THURSDAY LUNCH



FRIDAY SNACK



SATURDAY DINNER



SUNDAY DINNER

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THE SL TEST KITCHEN ACADEMY

OUR TEST KITCHEN DIRECTOR, ROBBY MELVIN, SHARES TIPS FOR CHOOSING AND STORING

SUMMER TOMATOES



Summer's greatest prize is a sandwich made with juicy sliced tomatoes. I keep mine simple and classic with fresh white bread, mayo, kosher salt, and pepper. Knowing what to look for (hint: use your nose!) and how to store your 'maters will make all the difference in flavor and texture.



1 APPEARANCE Some tomatoes, especially heirloom varieties, are grown for flavor rather than for looks. They might be odd and riddled with cracks, but they are often the most delicious. No matter the color, shape,

or size, choose tomatoes with firm skin and no soft, mushy spots.

2 SCENT All tasty tomatoes have one thing in common: They smell like a tomato. A perfectly ripe tomato should smell like a glass

of tomato juice, especially around the stem. A tomato without an aroma will lack in flavor.

3 STORAGE All you need to know is this: *Never* store tomatoes in the refrigerator. Cold temps turn them mealy

and rock hard. The ideal temperature for keeping tomatoes is 60 to 65°, so place them in the coolest part of the kitchen, stem-side up, out of direct sun. Arrange miniature tomatoes in a shallow dish so air can circulate around them. 🍅

HECTOR SANCHEZ; PROP STYLING: CAROLINE M. CUNNINGHAM; FOOD STYLING: ERIN MERHAR

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SMART SOLUTIONS for the SOUTHERN COOK



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This Month: Squeaky Clean Tomatoes

Residue from detergents and soaps can be absorbed into fruits and vegetables. The best way to wash them is with a gentle rub under cold water and a good rinse—no soap needed!



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means making a mess,
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Taco Night Reimagined

It's too hot to turn on the oven! Kick back, relax, and let your slow cooker do all the work

BRISKET TACOS WITH SUMMER SALSA

- 2 uncooked bacon slices, cut into 1-inch pieces
- 1 medium-size white onion, chopped (about 1 cup)
- 2 tsp. kosher salt
- 1 tsp. freshly ground black pepper
- 1 (3- to 3 1/2-lb.) beef brisket, trimmed
- 1 cup reduced-sodium chicken broth
- 3 canned chipotle peppers in adobo sauce
- 3 Tbsp. adobo sauce from can

- 3 garlic cloves, peeled and smashed
- 1 Tbsp. ground cumin
- 1 Tbsp. Worcestershire sauce
- 1 Tbsp. honey
- 1 tsp. dried oregano
- 2 Tbsp. apple cider vinegar
- 10-12 (8-inch) flour tortillas, warmed
- Crunchy Summer Salsa

1. Place bacon and onion in a 6- to 8-qt. slow cooker. Stir together salt and pepper; sprinkle over all sides of brisket. Place brisket in slow cooker.
2. Process broth and next

7 ingredients in a blender for 30 seconds or until smooth; pour mixture over brisket. Cover and cook on LOW 7 hours or until brisket is fork-tender. Transfer brisket to a 9- x 13-inch baking dish; cover with aluminum foil to keep warm.

3. Pour sauce through a fine wire-mesh strainer into a medium saucepan, and cook over medium-high heat, stirring occasionally, 15 to 20 minutes or until reduced to 1/3 cup. Stir in vinegar.

4. Coarsely chop brisket; spoon over warm tortillas. Drizzle with

sauce, and top with Crunchy Summer Salsa.

MAKES 6 to 8 servings. **HANDS-ON** 20 min.; **TOTAL** 7 hours, 30 min., including salsa

Crunchy Summer Salsa

Stir together 1 cup diced fresh peaches; 1/2 cup diced cucumber; 1 jalapeño pepper, seeded (if desired) and diced; 1 garlic clove, minced; 3 Tbsp. chopped fresh cilantro; 2 Tbsp. fresh lime juice; and 1/2 tsp. kosher salt in a small bowl.

MAKES about 1 3/4 cups. **HANDS-ON** 10 min.; **TOTAL** 10 min.



How a Chicago Doctor **Shook Up** the Hearing Aid Industry with his **Newest Invention**

New nearly invisible digital hearing aid breaks price barrier in affordability

Reported by J. Page

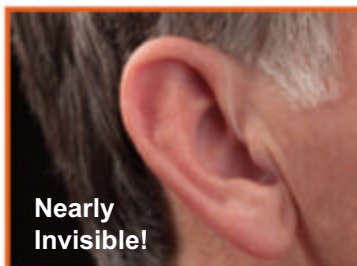
Chicago: Board-certified Ear, Nose & Throat physician Dr. S. Cherukuri has done it once again with his newest invention of a medical grade, AFFORDABLE hearing aid.

This new digital hearing aid is packed with the features of \$3,000 competitors at a mere fraction of the cost. Now, most people with hearing loss are able to enjoy crystal-clear, natural sound — in a crowd, on the phone, in the wind — without suffering through “whistling” and annoying background noise.

New Digital Hearing Aid Outperforms Expensive Competitors

This sleek, fully programmed, light weight, hearing aid is the outgrowth of the digital revolution that is changing our world. While demand for “all things digital” caused most prices to plunge (consider DVD players and computers, which originally sold for thousands of dollars and today can be purchased for less), the cost of a digital medical-grade hearing aid remains out of reach.

Dr. Cherukuri knew that many of his patients would benefit from, but couldn't afford the expense of, digital hearing aids. Generally they are *not* covered by Medicare or most private health insurance plans.



SAME FEATURES AS EXPENSIVE HEARING AID COMPETITORS

- ✓ Mini Behind-the-Ear hearing aid with thin tubing for a nearly invisible profile
- ✓ Advanced Noise Reduction to make speech clearer
- ✓ Feedback Cancellation eliminates whistling
- ✓ Wide Dynamic Range Compression makes soft sounds audible and loud sounds comfortable
- ✓ Telecoil setting for use with compatible phones, and looped environments like churches
- ✓ 3 Programs and Volume Dial accommodate most common types of hearing loss even in challenging listening environments

The doctor evaluated the high priced digital hearing aids on the market, broke them down to their base components, and then created his own affordable version — called the MDHearingAid *AIR* for its virtually invisible, lightweight appearance.

Affordable Digital Technology

Using advanced digital technology, the MDHearingAid *AIR* automatically adjusts to your listening environment — prioritizing speech and de-emphasizing background noise. Experience all of the sounds you've been missing at a price you can afford. This doctor designed and approved hearing aid comes with a full year's supply of long-life batteries. It delivers crisp, clear sound all day long and the soft flexible ear domes are so comfortable you won't realize you're wearing them.

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Of course, hearing is believing and we invite you to try it for yourself with our RISK-FREE 45-Day home trial. If you are not completely satisfied, simply return it within that time period for a full refund of your purchase price.

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Can a hearing aid delay or prevent dementia?

A study by Johns Hopkins and the National Institute on Aging suggests older individuals with hearing loss are significantly more likely to develop dementia over time than those who retain their hearing. They suggest that an intervention—such as a hearing aid—could delay or prevent dementia!

"Satisfied Buyers Agree AIR is the Best Digital Value!"

"I am hearing things I didn't know I was missing. Really amazing. I'm wearing them all the time" —Linda I., Indiana

"Almost work too well. I am a teacher and hearing much better now" —Lillian B., California

"I have used many expensive hearing aids, some over \$5,000. The AIRs have greatly improved my enjoyment of life" —Som Y., Michigan

"I would definitely recommend them to my patients with hearing loss" —Amy S., Audiologist, Munster, Indiana



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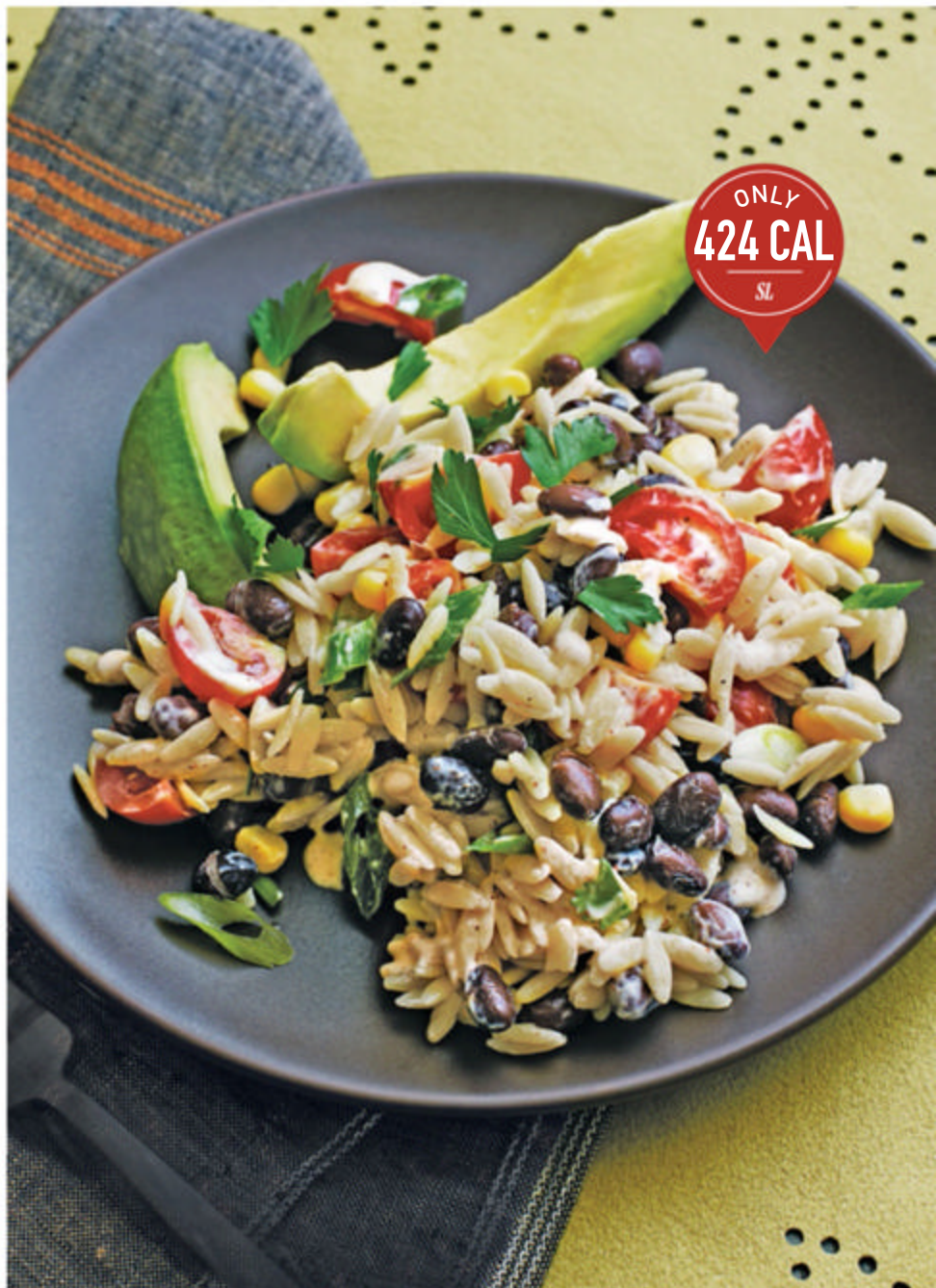
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The secret to this irresistible salad is our kicked-up buttermilk dressing



ORZO SALAD WITH SPICY BUTTERMILK DRESSING

Creamy avocado and a fiery buttermilk dressing make this good-for-you pasta salad feel like a hearty meal. The recipe is easy to double, and you'll have most of the ingredients in your pantry, so it's the perfect solution for a last-minute party or potluck.

- 1 cup uncooked orzo
- 1 cup frozen whole-kernel corn, thawed and drained
- 12 cherry tomatoes, quartered
- 3 green onions, sliced
- 1 (15-oz.) can black beans, drained and rinsed
- 1/4 cup low-fat buttermilk
- 3 Tbsp. fresh lime juice
- 2 Tbsp. light sour cream
- 2 Tbsp. canola mayonnaise
- 1 tsp. chili powder
- 1/2 tsp. kosher salt
- 1/4 tsp. black pepper
- 1/4 tsp. ground red pepper
- 2 garlic cloves, crushed
- 3 Tbsp. chopped fresh cilantro
- 1 peeled avocado, cut into 8 wedges
- 1 Tbsp. chopped fresh flat-leaf parsley

1. Cook orzo according to package directions, omitting salt and fat. Drain and rinse; drain well. Toss together orzo, corn, and next 3 ingredients in a large bowl.

2. Whisk together buttermilk, next 8 ingredients, and 2 Tbsp. cilantro in a small bowl. Drizzle over orzo mixture; toss. Top with avocado, parsley, and remaining cilantro.

MAKES 4 servings (serving size: 1 3/4 cups orzo mixture, 2 avocado wedges, 3/4 tsp. cilantro, and 3/4 tsp. parsley). **HANDS-ON** 30 min., **TOTAL** 30 min.

NUTRITIONAL INFORMATION

(per serving)

CALORIES: 424; **FAT:** 15.3g
(**SATURATED FAT:** 2.3g);
PROTEIN: 12.7g; **FIBER:** 10.1g;
CARBOHYDRATES: 63.8g;
SODIUM: 607mg

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Blueberry-Lemon Zest Ice Cream



Bourbon-Butter-Salted Pecan Ice Cream



Strawberry-Basil Ice Cream



Easy Ice Cream

Use these short and sweet recipes to churn out four fantastic flavors at home

COFFEE LIQUEUR COOKIES-AND-CREAM ICE CREAM

- 1 (14-oz.) can sweetened condensed milk
- 1 (5-oz.) can evaporated milk
- 2 cups whole milk
- 2 Tbsp. sugar
- 1 tsp. vanilla extract
- $\frac{1}{8}$ tsp. table salt
- 1 cup crushed cream-filled chocolate sandwich cookies
- 3 Tbsp. coffee-flavored liqueur

1. Whisk together first 6 ingredients; cover and chill 2 hours.

2. Pour milk mixture into freezer container of a 1-qt. electric ice-cream maker, and freeze according to manufacturer's instructions. (Instructions and times will vary.)

3. Remove container with ice cream from ice-cream maker, and freeze 30 minutes.

4. Stir crushed cookies and liqueur into ice-cream mixture. Transfer mixture to an airtight container or a loaf pan covered tightly with aluminum foil; freeze 3 to 4 hours or until firm.

MAKES about 1 qt. **HANDS-ON** 10 min., **TOTAL** 6 hours

BLUEBERRY-LEMON ZEST ICE CREAM

Omit cookies and liqueur. Bring 2 cups coarsely chopped **blueberries**, 2 Tbsp. **sugar**, and 2 Tbsp. water to a boil in a small saucepan over medium heat; reduce heat to low, and simmer 10 minutes, stirring often. Cool 30 minutes; cover and chill 2 to 3 hours. Meanwhile, prepare recipe as directed through Step 3. Stir 2 tsp. **lemon zest** into prepared ice-cream mixture, and swirl in chilled blueberry mixture. Proceed as directed in Step 4. **HANDS-ON** 25 min.; **TOTAL** 6 hours, 45 min.

BOURBON-BUTTER-SALTED PECAN ICE CREAM

Omit cookies and liqueur; increase vanilla to 2 tsp. Prepare recipe as directed through Step 3. Meanwhile, cook 1 cup coarsely chopped **pecans** and $\frac{1}{2}$ Tbsp. **butter** in a small skillet over medium heat, stirring constantly, 7 to 8 minutes or until toasted and fragrant. Spread pecans on wax paper, and sprinkle with $\frac{1}{4}$ tsp. **kosher salt**; cool completely. Stir pecans and 2 Tbsp. **bourbon** into prepared ice-cream mixture, and proceed as directed in Step 4. **HANDS-ON** 10 min., **TOTAL** 6 hours

STRAWBERRY-BASIL ICE CREAM

Omit vanilla, cookies, and liqueur; reduce whole milk to $1\frac{1}{2}$ cups. Prepare recipe as directed through Step 1. Meanwhile, pulse 1 (16-oz.) container fresh **strawberries**, coarsely chopped; 2 Tbsp. chopped fresh **basil**; and 2 Tbsp. fresh **lemon juice** in a food processor 5 or 6 times or until finely chopped. Stir strawberry mixture into chilled milk mixture. Proceed as directed in Steps 2 through 4.

HANDS-ON 10 min., **TOTAL** 6 hours

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My Affair with Tupperware

For potluck goddesses and cabinet-raiding adventurers, plastic containers hold more than just food

I used to wear Tupperware on my head. I thought it made me look like Spartacus. I'd sneak it back in the cabinet, and when I saw it again, it was full of peanut butter cookies. It seems like, sometimes, the best of life came in a plastic tub.

I try not to be one of those Southerners who waste whole days lamenting things that now lie discarded beside a road we'll never travel again. I try.

But I miss stadium hotdogs in wax paper. I miss real country music with steel guitar and soul. I miss old-growth forests in the shade of the stone mountains. I miss the white dunes of the Gulf, buried now under miles of concrete. I miss tea cakes, the kind my grandmother made. I miss The Amazing Rhythm Aces. I miss old barns telling me to "See Rock City." I miss Tupperware.

Oh, I know there is still Tupperware out there, still enough stacked in the kitchen counters of this planet to make every boy with an ounce of imagination a plastic spaceman's helmet and another for his dog. I am sure, on a molecular level, new Tupperware is even superior to the container Earl Tupper invented in Leominster, Massachusetts, just after World War II. Plastic is forever.

It's the world that changed, outside that airtight seal.

It used to be, when you saw Tupperware coming, it was a celebration. Banana pudding arrived in Tupperware. Potato salad came in Tupperware. Cold fried chicken arrived in Tupperware, resting on a warm cloth. And when it was finally opened, the smell alone reminded you what a gift it was, to see another day. Tupperware meant reunions, dinner on the grounds. Does cardboard elicit that, or a throwaway container from the supermarket?

If it came in Tupperware, it was worthy of such a vessel. You knew that, because on the lid of every bowl was written, in black

felt-tip marker, the name of the chef who constructed that chocolate pudding crowned with Cool Whip. They fully expected to get that container back, and such precautions were required because every single piece of Tupperware seemed to be the exact same color of pale green. Tupperware was passed down, like crystal.

"It is the Wedgwood of the South," proclaimed my friend Randy Jones.

It even began life with a celebration. You did not just go buy Tupperware. You went to a Tupperware party, where I assumed there was drinking and poker and probably fistfights. I would learn, to my disappointment, there was rarely even a banjo. The woman who invented the Tupperware party, Brownie Wise of

Kissimmee, Florida, did it as a marketing tool, and they spread even as far as Gadsden, Alabama.

"My mama was not the kind who went to a lot of parties," said Jones, who grew up in northeastern Alabama. "But she went to a Tupperware party."

My mother never went to one. "I heard they kinda went out of style," said the woman who serves her cranberry sauce every Thanksgiving in a 14-year-old margarine tub. Tupperware was just showing off.

I see it now and then at yard sales. Ten cents, usually. A quarter.

It is hard for me not to pick it up, and put it on my head. ●





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